





5 PROBLEMS, 1 SOLUTION SEE HAIR STRONGER, SHINIER



L'ORÉAL PARIS

GOOD AUGUST 2015 HOUSEKEEPING



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WHICH COVER DID YOU GET?

COVER CREDITS

Olivia Munn cover photographed by Squire Fox. Hair by Christian Marc at Forward Artists using René Furterer. Makeup by Shane Paish at Walter Schupfer Management using Dior cosmetics and Proactiv+ Skincare. Manicure by Emi Kudo at Opus Beauty using Dior Vernis. Prop styling by Still Sets Inc. Craft styling by Cate Geiger. Top, Nanette Lepore, Lord and Taylor. Skort, Nanette Lepore, Bloomingdale's. Earrings, Onirikka. Necklace. Logan Hollowell Jewelry. Gold bracelets, Cartier, Olivia's own. Gold-and-blue bracelet, Elizabeth Cole. Gold ring, Dana Rebecca Designs. Green ring, Page Sargisson.

Pineapple cover photographed by Mike Garten. Food styling by Susan Spungen. Prop styling by Cate Geiger.



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CAN DO ANYTHING.

YOU

WHEN I WAS A TEEN, I SPENT MY SUMMERS AT CAMP. One year, we went on a day trip to some cliffs, ready to climb to the top and jump the 30-odd feet into the lake. I love to swim. I love the water. I hate heights. Yet I got in line and edged my way up to the tiny rock ledge.

While I waited for my turn, I watched each person jump, screaming with glee as they dunked into the deep, cold water below. Then I was up...and I froze. If you've ever experienced this, you'll know the feeling of clinging with your feet. It was awful. In this case, there was only one way out - I had to jump.

Fast-forward one hour. I still hadn't budged. I stood there as everyone else went up and down, encouraging me, urging me, teasing me. Then, as the others packed to leave, I finally gritted my teeth and took the plunge. And you know what? Facing my fear was freeing and exhilarating, and it made me feel strong. Most of all, it was FUN!

So what scares you? (OK, it's probably not cliff diving.) But maybe it's jumping off an emotional cliff: finally telling someone you have feelings for them, or totally changing career gears to follow a passion? The idea of taking that leap can be daunting, yet the more you dare, the easier it gets. And you can start small. If you dream of taking your first solo vacation, try going to the movies by yourself to see how it feels.

Whenever I'm stuck at the edge of my comfort zone, I remind myself how good it felt to jump that summer day. Your turn to make a splash!



BECAUSE YOU ASKED

SIGNATURE SHIRT

In the last issue of GH. we celebrated the hot monogram trend. Our 'style-spiration"

was a pic of supermodel Gigi Hadid at an NBA game. Score your own (I got "Francisco"!)

at dresshirt.com.

PAINTED PADDLE





"It gives me the protection I need and my skin feels great too."

Natasha Lawson













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*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

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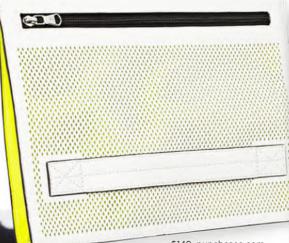






most wanted

Hands down the season's ultimate outfit-maker. Reach through and go!



\$149, punchcase.com



SR Squared by Sondra Roberts, \$80, irresistibles.com

tried + tested

Style-spiration

Liquid foundation is now as effortless to tote as powder and as easy to apply. Think of the "cushion" as a sponge soaked in product. Just press the applicator onto the pad and dab on. "The smart sponge design holds the liquid, preventing it from spilling," says GH Institute Beauty Lab Senior Chemist Sabina Burdzovic-Wizemann.

Because they contain smaller amounts of foundation for the cost. cushion compacts are best for travel or on-the-go touch-ups.

\$34, target.com (shown); Lancôme Paris Miracle Cushion Liquid Cushion Compact, \$47

runway to your way

Haute hippie style with a wallet-friendly price tag. Groovy!





Dress, \$60, hm.com. Bag, \$50, dailylook.com. Sandals, \$165, bernardo1946.com.

BEAUTY LAB TIP

Lab picks: Laneige BB Cushion,





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fast fix

BRASSY HAIR

Correct and prevent unflattering orangey tones with tricks from Rona O'Connor, celebrity colorist for Goldwell in L.A.

AT THE SALON

Blonds: Ask your colorist for a violetor blue-based shade or toner.

Brunettes: Request green or pearl. It will give your hair a cool cast that resists brassiness.

AT THE STORE

When shopping for boxed haircolor, choose natural ashbased hues, which are cooler and less likely to turn brassy (look for the word "ash" on the package).

AT HOME

Go to good

housekeeping.tv

/headphones for

the how-to.

Apply a shampoo or treatment containing blue or violet pigment (it will cancel out orange and yellow tones) weekly.

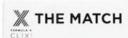
Try Joico Color Balance Blue Shampoo, \$16, joico.com; Dessange Paris California Blonde CC Brass Color Correcting Crème, \$12, Target.

that's genius!

CUSTOM

The search for your perfect polish shade is over! These mini sets, curated by Sephora color pros and shoppers, contain the best red, pink, nude and green/ blue to complement your skin tone.

Formula X The Match Clix, \$16 each, sephora.com





fair to light

THE MATCH



light to medium



medium to deep

#GHdiy

Glam, crownlike beats regaled the Dolce & Gabbana fall runway, and we've been lusting after them ever since, but they're over \$7,000 a pair! We opted to bling out our own (beaded trim and glue are all it takes) for less than \$40! Skullcandy headphones, \$30, bestbuy.com

> INSPIRATION! {





SHIMMER FOR **STRANDS**

You don't need sparkly accessories to fancy up your 'do for evening. Just apply a shimmer-laced hairspray (for fine/medium strands) or pomade (for thick hair or updos) as a finishing touch. Kevin Murphy Shimmer Shine Repairing Shine Mist, \$28, kevinmurphy.com.au; Motions Shine Enhancing Pomade, \$5 (shown)









April Franzino
Beauty Director
@aprilfranzino

6 Y

HOW CAN I GET RID OF AND PREVENT INGROWN HAIRS?

Treat them the same way you would a breakout, recommends Jody Levine, M.D., a dermatologist for Venus in New York City. Heal existing ingrowns by dabbing on an acne treatment with salicylic acid twice daily; avoid future ones by swiping your facial toner on prone areas every day.

HAVE A QUESTION? E-MAIL ASKAPRIL @GOODHOUSEKEEPING.COM.



best of the test

SUN DAMAGE REPAIR

So you got a little too much sun this summer—and now you're seeing the effects. Here, the GH Beauty Lab's top-tested treatments for the most common post-sun skin issues.



SUN SPOTS

A combo of niacinamide and vitamin C targets hyperpigmentation (a.k.a. sun spots), effectively lightening them.

L'Oréal Paris Youth Code Dark Spot Correcting & Illuminating Serum Corrector, \$25



LINES + WRINKLES

This collagen-boosting peptide serum scored well in our Lab test for reducing wrinkles with no irritation.

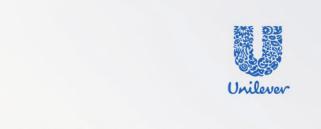
Estée Lauder Perfectionist [CP+R] Wrinkle Lifting/Firming Serum, \$68



DRYNESS

Packed with skin-plumping glycerin and hyaluronic acid, this Seal-holding cream moisturized better than other (pricier!) formulas—for up to seven hours.

Olay Regenerist Micro-Sculpting Cream, \$26 CHRIS ECKERT/Studio D (April); MIKE GARTEN, styling by Miako Katoh (T-shirts); MIKE GARTEN (sun treatments).



This test paper demonstrates the Dove difference.





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MAKEOVER 1

We asked Kayleen McAdams, CK One Color global makeup artist, for her secrets to rocking the lavender trend



Apply shadow from lashline up to crease, blending edges for a diffused "watercolor" effect. With an eyeliner brush, run shadow along lower lashes.



Revion ColorStay ShadowLinks in Purple, \$3



CoverGirl Flamed Out Shadow Pot in Blazing Purple, \$5



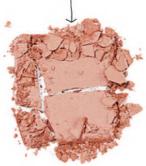
Mary Kay Cream Eye Color in Violet Storm, \$14, marykay.com



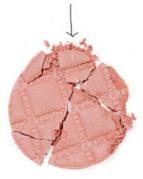
Warm up skin by dusting a light peach powder blush from apples of cheeks to temples using a big, fluffy blush brush.



Urban Decay Afterglow 8-Hour Powder Blush in Indecent, \$26, Sephora



Japonesque Velvet Touch Blush in Shade 02, \$22. Ulta



By Terry Terrybly Densiliss Blush in Platonic Blonde, \$70, b-glowing.com



To keep the focus on eyes, dab on two layers of tinted lip balm, which mutes your natural lip color.



Flower Lip Service Lip Butter in Bare-ly There, \$7, Walmart



Neutrogena Revitalizing Lip Balm SPF 20 in Petal Glow, \$9



in Thrill, \$28, planetbeauty.com



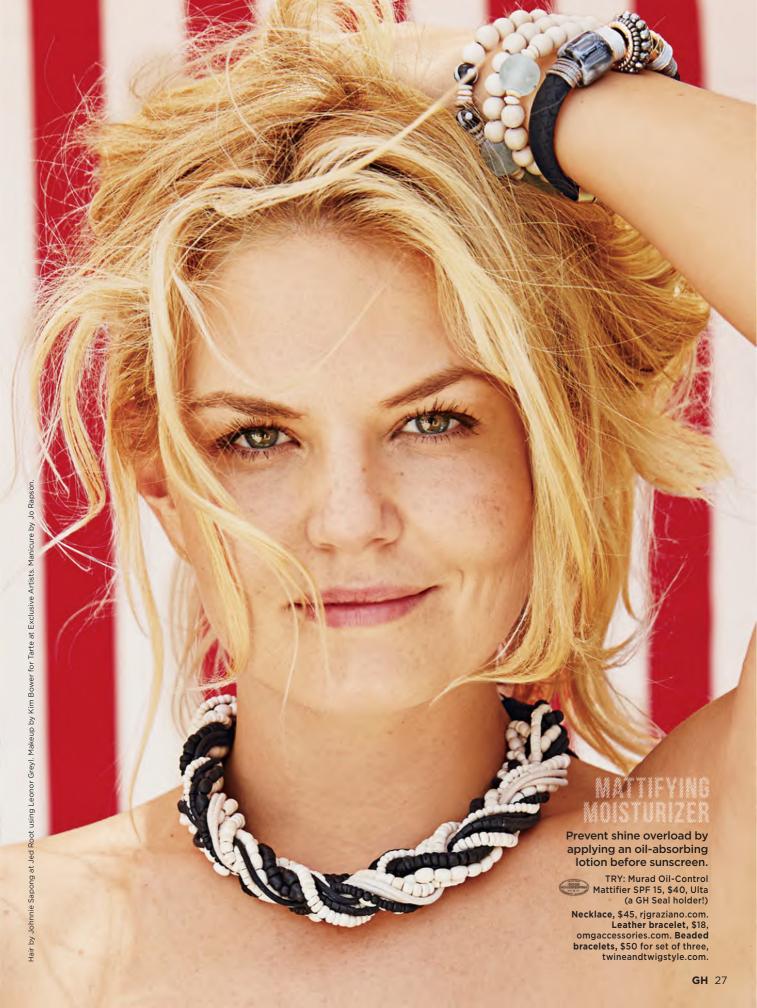
PETAL-SOFT SCENTS

For the perfect floral arrangement, add a delicate fragrance that contains notes of purple flowers like violet, iris and freesia.

Vera Wang Embrace Eau de Toilette in Green Tea & Pear Blossom,

Vera Wang Embrace Eau de Toilette in Green Tea & Pear Blosso Periwinkle & Iris and Rosebuds & Vanilla, \$30 each, Walmart













SMOOTH BOOY

Forgot to exfoliate? Slick on a body lotion that contains alpha hydroxy acids, like lactic acid, to hydrate and gently slough rough spots.

TRY: Curél Rough Skin Rescue Smoothing Lotion, \$8





SPOTLIGHT ON



You know her best as Emma Swan, daughter of Snow White and Prince Charming, on ABC's hit series Once Upon a Time. Onscreen, she looks tough as nails: jeans, boots and a red leather jacket. But offscreen, this Illinois native - who splits her time between L.A., New York City and Vancouver, where the show films - says she's the ultimate girly girl.

STYLE FAVE I'm pretty married to my little black dresses. I think five out of seven days, I'm in a dress.

GUILTY PLEASURE The Starbucks Nonfat Chai Tea Latte; it tastes the same everywhere in the world.

HIDDEN TALENT My mom teaches clarinet, and I grew up playing it. I got yelled at by teachers for not pursuing it further, but I wanted to be an actress.

WORST HABIT Eating ice cream in the middle of the night. I usually try to keep it to a couple of bites!

WORKOUT SECRET

No secret; I work out six days a week, if not seven. I rotate between Barry's Bootcamp, spinning, hot yoga, running on the treadmill and swimming.

HER DOMESTIC SIDE

I love cleaning. I could probably be a personal organizer if I weren't an actress. It calms me to organize and to get rid of things I don't need.

- RACHEL BOWIE







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> WE HAD A FIELD DAY WITH <

SHE'S STUNNING, SUPERCOOL AND IN LOVE — WITH HER FOOTBALL PLAYER BOYFRIEND AND THEIR PUP, CHANCE. PULL UP SOME COUCH WITH X-MEN'S NEWEST SUPERHERO



Top and skirt, Elizabeth and James, Bloomingdale's. Earrings, Liv Haley. Cage ring, EF Collection. Blue stone ring, Lionette. Bracelet, Lionette. Gold rings, Shashi. Shoes, Steve Madden.

BY VERONICA CHAMBERS
PHOTOGRAPHS BY SQUIRE FOX

a sunny spring day at Chicago's Morton Arboretum, Olivia Munn is gamely acting the part of a girl on a Hawaiian vacation, mugging for the camera with a pineapple and dancing around vintage suitcases. After her GH cover shoot wraps, she plops down on the couch and says she's feeling kind of hungry, though not for anything remotely resembling her fruity prop: "Right now I really want a corn dog."

What's awesome is that she isn't kidding. Anyway, Olivia, 35, can handle the extra calories. For months, the former Daily Show correspondent and Newsroom star has been logging grueling two-hour workouts to get herself into superhero shape for Marvel's X-Men: Apocalypse. In the movie, which comes out next year, she plays the telepathic, telekinetic blade-wielding mutant Psylocke. "She's a little scary. She has no problem battling and killing," Olivia says. "I love how strong she is."

Not unlike Olivia herself. Raised in Oklahoma and Tokyo, where her U.S. Air Force major ex-stepdad was stationed, she grew up jockeying for attention with four scrappy siblings, an experience that sharpened her quick wit. "Out of the five of us, I know I am the least witty, the least funny, the least intelligent. They're all so clever," says Olivia. "One of the ways I adapted was by spitting it back at them. I usually say exactly what I want to say, though sometimes I can go for the jugular. I'm working on that."

Olivia traded on that wit at the University of Oklahoma, where she majored in journalism. She was briefly a college women's basketball reporter for Fox, but acting was her dream, and in 2004—armed with a manual unironically titled An Actor's Guide to Moving to

Hollywood — she drove herself from Oklahoma to California to pursue it.

The risk paid off. Over the past five years, Olivia's credits have included some of the biggest summer blockbusters in recent memory, from *Iron Man 2* to *Magic Mike*. Next year she'll appear in the sequel to the cult hit *Zoolander*.

Her path to stardom wasn't without bumps, however. At 26, Olivia began yanking at her eyelashes, a sign of trichotillomania, a hair-pulling condition associated with obsessive-compulsive disorder (OCD). Nine years later, she's learned to cope with it via exercise, therapy and rest.

"I HAVE THE KIND OF ANXIETY THAT SWIRLS AROUND IN MY HEAD LIKE A TORNADO... IT WILL JUST TRY TO TAKE ME DOWN."

Hanging out with a tight-knit group of girlfriends; her boyfriend of over a year, Green Bay quarterback Aaron Rodgers, 31; and their Cavalier King Charles Spaniel puppy, Chance, helps ease her nerves. "I was having a tough time earlier this year; one day I broke down on the floor, crying," Olivia says. "Chance came up and snuggled with me. He's so smart, so kind...he's got my heart."

And Olivia has ours. Who doesn't love a gal who proudly professes a passion for deep-fried meat? *GH* asked the delightfully direct star to tell us more about her journey—in her own words.





"CHANCE AND AARON HAVE CHANGED MY LIFE...MY WORLD HAS BECOME SO MUCH SWEETER."



DON'T MESS WITH OLIVIA'S FAMILY. FOUR OF THEM ARE BLACK BELTS.

"I'm the fourth of five children. All of us started karate at around age 5 and studied it until we were about 16—and we weren't allowed to stop practicing until we had achieved black belts. The things that stayed with me the most from that training were the discipline not to give up when something feels too hard and the confidence that comes from knowing that if I keep working hard, I'll achieve my goal, even if it feels impossible."



SHE'S A CAREER GIRL, THROUGH AND THROUGH.

"The best advice my mother ever gave me was 'Never marry a guy and just become somebody's wife.' She went to college, and even though she got her degrees, she got married early and never really had the opportunity to find her identity. [She's a great mom], but she always wanted to do other things, and was never able to. So growing up, my mom always told my sisters and me that you have to be your own person and make a name for yourself. Never settle for being somebody else's something."



HER BEST FRIENDS HELP HER NOT TO SWEAT THE SMALL STUFF.

"With my anxiety, if I'm not in the mood to go out to dinner, I can't; I almost feel paralyzed. So I'm always impressed by how my friends take hits and keep going in life. Whatever profession they're in, no matter how stressed they are, they forge forward. My friend Cara thinks and acts like a guy. If you're ever having guy troubles, she can tell you what to do, and she's always right. My other girlfriend Brooke is always there for you, no matter what. Then there's Jessica; she and I are very similar. When I say, 'Want to come over to watch TV and sit around in misery?' she'll say, 'Yeah, I want to do that.' I really admire the ability in a friend to be there for somebody emotionally. That's a great quality."



SPEAKING OF FRIENDS, TRUE STORY: SHE'S PALS WITH THE LONG ISLAND MEDIUM.

"Theresa Caputo and I met at Live With Kelly and Michael in 2012. Within five minutes of meeting me, she said, 'You had a necklace of your grandmother's, but I feel like you don't have it anymore—like it was given away by accident. Does that make sense?'

"It did: When I was little, my grand-mother had a glass locket with gold chips in it. I felt a connection to it—but when she passed away, for some reason I gave it to my cousin Carrie. Years later, I found out Carrie no longer had it [it turns out Olivia's mom had taken it!], which made me upset. So I decided to get another necklace that looked just like it.

"I didn't tell anyone I had done that; not one person in the world knew. But Theresa did. She said, 'Your grandmother wants you to know that even though you don't have the original anymore, she's really happy that you had a replica made.' I was like, 'Oh, my gosh.' She has a gift.

"About four years ago, I was almost in a plane crash. Everybody on the plane thought we were going to die...even the flight attendants were crying and screaming. It made me question everything. After that, Theresa helped me open up. Now I believe in God, or whatever you want to call it. I believe that our souls exist past this—and that as long as we're good to each other, that's all that really matters."



SHE HATED WORKING OUT — UNTIL SHE SAW A HYPNOTIST.

"I was going to a hypnotist to help me with my OCD and trichotillomania. One day I told him I didn't work out, and he said, 'What do you mean?' I replied, 'I don't know. I just kind of don't. I yo-yo.' He said, 'You have to! It's good for your anxiety and depression.' So during one of our sessions, he hypnotized me.

"I'm not exaggerating: That was on a Friday, and by Monday I was working out every day at 6 A.M. If I missed a session, I'd double up and do it the next day. Now I feel so much stronger. I remember running up the steps one day and thinking, This is strange. I could do this a hundred times and be totally OK."



BUT SHE STILL LOVES HER MAC 'N' CHEESE.

"Sometimes I wish I had more self-control. I'll give myself a bunch of excuses, like I'm tired, I'm shooting or Ineed this cookie. There was a tray of Rice Krispies Treats [at the shoot today]. I've had two bags of sour-cream-and-onion chips. Last night, I had creamed corn and mac 'n' cheese and two and a half pretzel breadsticks before my meal came!

"I'm not someone who can eat whatever she wants and have it not affect her. [After I splurge] I think to myself, I'm going to regret this—not because I'm going to put on weight, but because I can actually feel a difference when I'm eating poorly. When you're trying to be healthy, you can feel the difference if you eat something bad.

"My boyfriend's healthiness inspires me. Aaron is different than every other man I've ever met...there's so much I could say. Everything a good person can be, he is. He's in such great shape, and especially lately, he's been eating so well and working out. Having somebody in your life like that is so motivating.

"But right now, I really want that corn dog." $lack \bullet$





MAGIC MIKE

"I giggle like a Japanese schoolgir!," Olivia (opposite Channing Tatum) once said of watching her costars strip down.



THE NEWSROOM
While working on the HBO
drama, "I could pull things from
my own experience" studying
journalism Olivia has said



THEY CLEAN UP NICE!
Getting ready for the red carpet with Rodgers before the Met Gala in New York City in May.



HELLO, PSYLOCKEAn image from Olivia's Instagram feed, created by a fan.

GRLS BEST REND



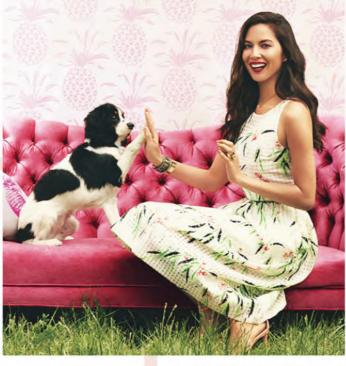
when olivia locked eyes with a tiny tricolor pooch at an event for the Fox Network's Cause for Paws special last fall, she knew it was love. "I wasn't looking for a dog at all," she remembers, "and then I saw this little guy and was like, 'I have to have him.'"

Rodgers, too, was instantly taken with the pup. "[Chance's good behavior] around Aaron

is a direct reflection of how Aaron has been training him — how much respect Aaron has for Chance, and how much respect Chance has for him," Olivia says. "I'm like, 'You're my baby. You can do whatever you want!' I realize now how important it is for me to be a good parent to him, because it's a direct reflection of me."

Preparation for motherhood? One has to wonder. For now, though, Olivia seems content with the home she's found with her two favorite guys. "Chance made us a family...he and Aaron have changed my life in every way," she says. "My world has become so much brighter, sweeter and lovelier. I feel grounded with them in my life."

Want to adopt a pet of your own? To learn how to find a new friend for your family, visit petfinder.com.



Those big brown eyes! Those floppy ears! We're giving Olivia's cuddly little spaniel, Chance (with the star on the set of her *GH* photo shoot, *center*, and on her Instagram feed), the **#GHSEALOFCUTE** because, duh, he's adorable.





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SHOPPING FOR BLINDS? RAISE YOUR EXPECTATIONS.

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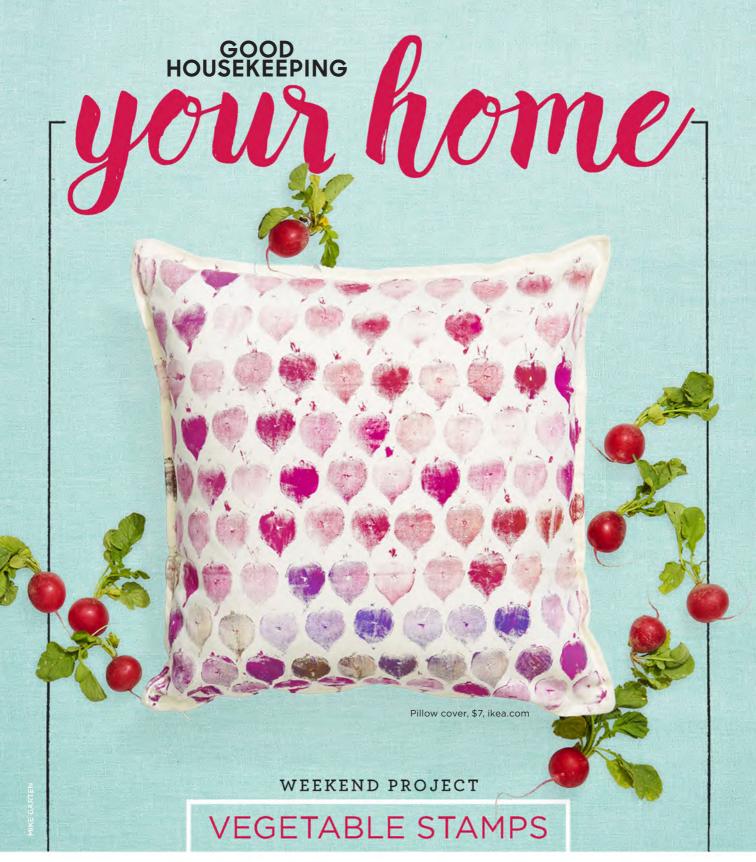
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homedepot.com/blinds

More saving. More doing:







Decorate pillows, place mats, curtains, sheet edges—any fabric!—using fresh produce. Cut fruit or veggies in half (we love the look of radishes, *above*, eggplant, artichokes and even pears), then paint and press on.

FLIP THE PAGE FOR MORE GROCERY STORE DECOR!

curb appeal

COASTAL COLORS

Let a pretty seaside palette inspire your next home update, wherever you live



INSPIRATION

NEW ENGLAND

East Coast-style homes feature accents like weathered gray shingles and bright white trim—the perfect backdrop to the preppy hues on painted shutters and doors. PS: You don't actually have to live on Cape Cod. This house is in Utah!





INSPIRATION

SAN FRANCISCO

Victorian homes in the City by the Bay are known as "painted ladies" because of their colorful exteriors. We like how this sophisticated combo of soft pastels, creamy trim and dark framing calls attention to the stunning architecture.

WEEKEND PROJECT A STAMP-EDE OF MORE PILLOWS





PEAR Slice in half, paint and print in alternating directions.



EGGPLANT
Halve a skinny
version, then
create rows in
subtly varied
shades.

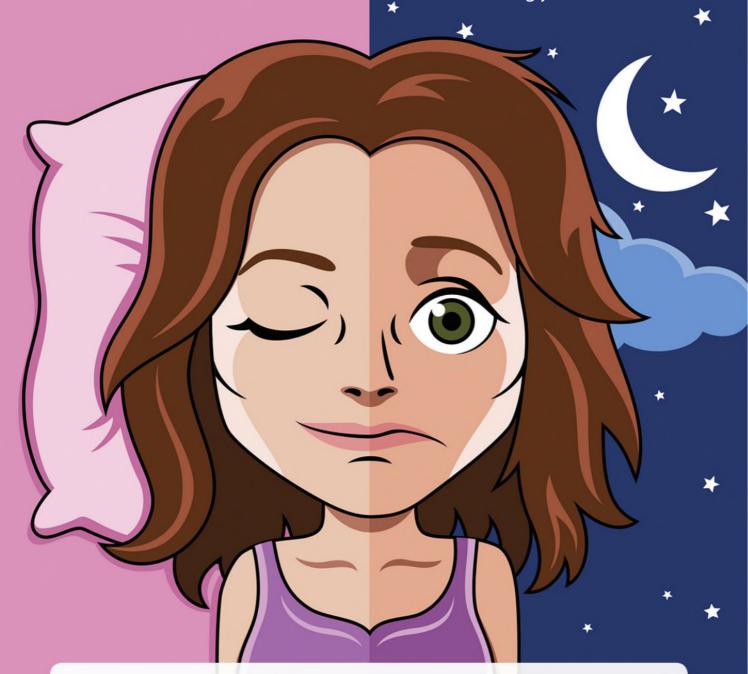


ONION
Cut vertically and layer prints for a saturated look.



Wake

Could the wake system in your brain be causing your insomnia?



Your brain has a wake system and a sleep system. When you have insomnia, the neurotransmitters in your wake system may be too strong. This may be preventing you from getting the sleep you need.

Talk to your doctor about managing your insomnia Learn more at: WhyAmlsoAwake.com



"UNMADE" REDS

The casual, rumpled style is in! Opt for light and airy linen sheets to nail the intentionally wrinkled, minimalistic vibe. Linen also boasts natural fibers that breathe well, helping you beat the summer heat.





HAVE A QUESTION? E-MAIL PEGGY@ GOODHOUSEKEEPING.COM My hostess says air-conditioning is unnecessary—how do I politely tell her I'm about to hit my boiling point?—colleen w.

SHE MAY BE used to the heat, or she may be on a budget and thus rationing the AC, so drop a few hints: Sit near a fan, drink lots of water, take an extra shower—maybe even say, "My, it's hot in Florida—we Northerners aren't used to it!" If nothing changes, keep your cool. A good guest accepts the situation.



1. Kerosene lanterns, \$40 each, kaufmann-mercantile.com. 2. Pendleton blanket, \$199 and up, pendleton-usa.com. 3. Camp stool, \$295, serenaandlily .com. 4. Steel pot, \$44, schoolhouseelectric.com. 5. Enamel plate, \$35 for two, bestmadeco.com. 6. Decorative arrows, \$85 for six, mineralandmatter.com.

buzzword

MEMPHIS

No, not the one in Tennessee. The term refers to a 1980s Italian design collective whose signature style paired geometric shapes with bright shades (think *Miami Vice* meets *Saved by the Bell*). Try a pillow or go full-blown eighties-revival with graphic wallpaper.

Pillow, \$34, rocio-olmo.com









before
A dark and dated color scheme.

Great Room

SARAH SAYS:

With big windows, soaring ceilings and a stone fireplace, the cottage had "good bones"—so I focused on decor updates. Thanks to lots of white paint on the walls and ceiling, inexpensive furniture and a breezy mix of patterned fabrics, it's now bright and inviting.





LIVING BY

Modern Cottage

Score summer-fresh style on a budget!



Cushion cover, \$6, ikea.com





Banana-fiber stool, \$30, ikea.com





Cushion cover, \$7, ikea.com



Indoor/outdoor white metal bar stool, \$47, bizchair.com



Kitchen

SARAH SAYS: The pass-through wall wasn't structural, so I knocked it down. Now the room is completely open-concept, with more counter space, extra storage and a breakfast bar—talk about added value!





PAINT PALETTE



PAINTED CHAIRS Babbling Brook, \$20 per gallon, olympic.com



MASTER BEDROOM FLOOR Colorado Gray, \$37 per gallon, benjaminmoore.com



GUEST ROOM FLOOR Mint Frost, \$34 per gallon, valsparpaints.com



LIVING/DINING ROOM FLOOR Stokes Forest Green, \$37 per gallon, benjaminmoore.com

KITCHEN RENO TIPS

Use off-the-shelf cabinetry, which can be configured on-site to create the best layout. It's also the most affordable!

1.

Add color.

If the cabinet doors you choose come in more than one color, mix two! I combined watery-blue upper doors (with white knobs) and white lower doors (with blue knobs) to reflect the clouds and the sky.

2.

Maximize cupboards.

Instead of putting a cabinet in a hidden corner, I flipped it to fit into the living space (see left). These drawers are now easy to access from the breakfast bar and dining area.

3

Use butcher block for countertops.

Custom-made counters like granite or marble are pricey — choose solid butcher block for a sturdy option that's low in cost, but not in style.







before
Brown all over—even the bedding.

SARAH SAYS: The full-height windows make the lake feel as if it's lapping right at the floor, so I bathed the entire room in watercolor hues. Pillows and drapes offer a simple way to add softness.

Guest "Suite"

SARAH SAYS: This new bedroom was created from what used to be a storage area. I installed a wall to convert it to two-thirds sleeping quarters (complete with a sink) and one-third closet.





















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GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

HAVE A QUESTION? E-MAIL HELOISE@GOODHOUSEKEEPING.COM.



1 PROBLEM, 3 SOLUTIONS

Help for three readers' nail polish accidents

How can I take nail polish off a finished wood table? —Arlene D.

Dip a cotton swab into plain acetone-based nail polish remover and lightly dab just the spot (so you won't damage the finish). Wait a minute, blot with a damp paper towel and let dry overnight. Repeat if needed. Use furniture wax on the area, let it soak in and buff with a cloth.

My daughter spilled polish on a china plate of my grandma's, and it's set in. Yikes! -Sa//y C.

Since the polish has soaked in, the glaze is probably gone. Cover the plate with paper towels, pour on a little acetone-based remover and wrap with plastic wrap. Turn the plate upside down and lay it on top of another upside-down plate, so the paper clings to the stain. The goal: to make the polish seep out. Check, and repeat.

I dropped my leather bag on my pedicure. How do I get the polish off my bag? — Simone S.

Use a swab with pure acetone and dab on the stain. Wipe clean with a damp paper towel, let dry and apply leather conditioner.



DON'T MISS ANY OF HELOISE'S HINTS

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Copper planters left huge circular stains on my concrete patio. Heloise?! — Debbie C.

First, be sure kids and pets are out of the way. Sprinkle baking soda on the marks, add a little water to make a thick paste and then scrub; rinse with a hose. Next, lay paper towels over the stains and carefully pour on an ammonia solution (1/4 cup to 1 cup cool water). When the stains soak into the toweling, wipe up. Repeat with more solution and towels, as needed. Finally, sop up with paper towels, then hose down the area again. Scrub it some more, rinse and let dry.

CLEAN A WICKER BASKET



BRUSH OFF DUST.
FILL A SINK WITH
COOL WATER AND
DUNK THE BASKET
TO WET IT.



ADD A FEW DROPS OF **DISH SOAP** TO THE WATER; BRUSH BASKET AGAIN; RINSE.



BLOWDRY (ON A LOW SETTING), OR TURN BASKET OVER AND LET DRY ON A TOWEL.



AND THE WICKER
IS WICKED
CLEAN!



Fire Up the Grill.

Celebrate for less.



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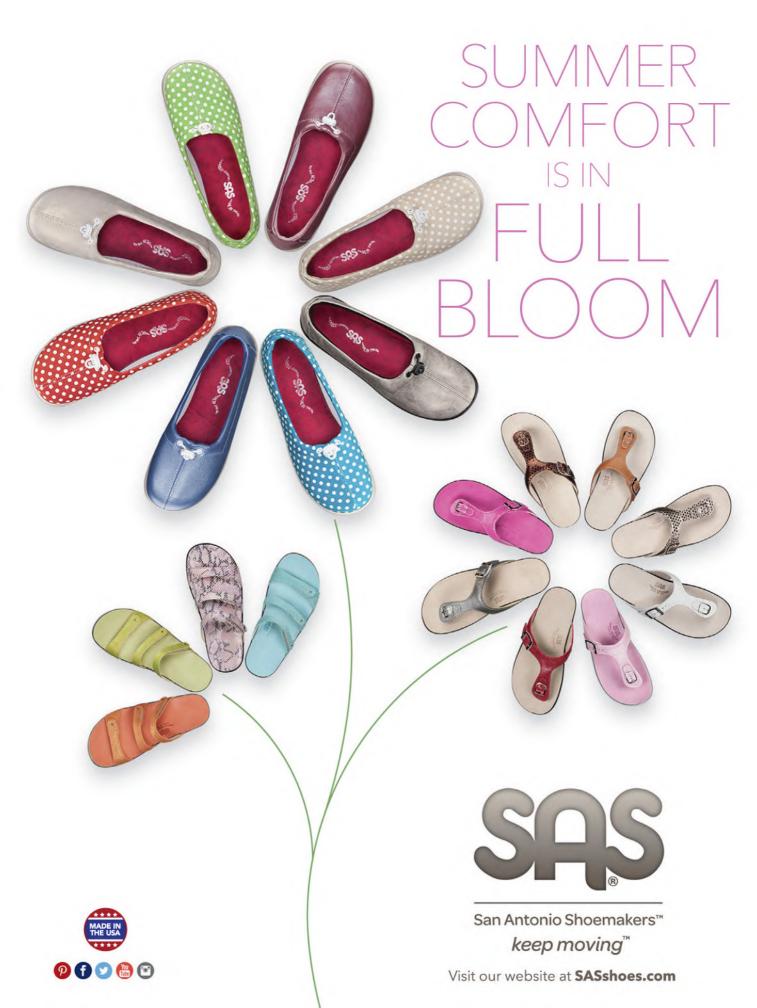








MAYO





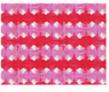
think pink:



PAINT Whip Lash by Behr, \$33 per gallon, behr.com



PAINT Bubble Bath by Benjamin Moore, \$37 per gallon, benjaminmoore.com



WALLPAPER Kandy Collection in Tears From Paradise, elitis.fr



FABRIC For similar, Mojave Zig Zag in Pinks on Tint by Alan Campbell, *quadrillefabrics.com*







ON OUR BUCKET LIST Don't miss out on the It bag shape of the season with edgy chain detail. \$475, coach.com

- that's genius!



style-spiration

Pretty with pink: a chambray





shirt and a cool clutch.









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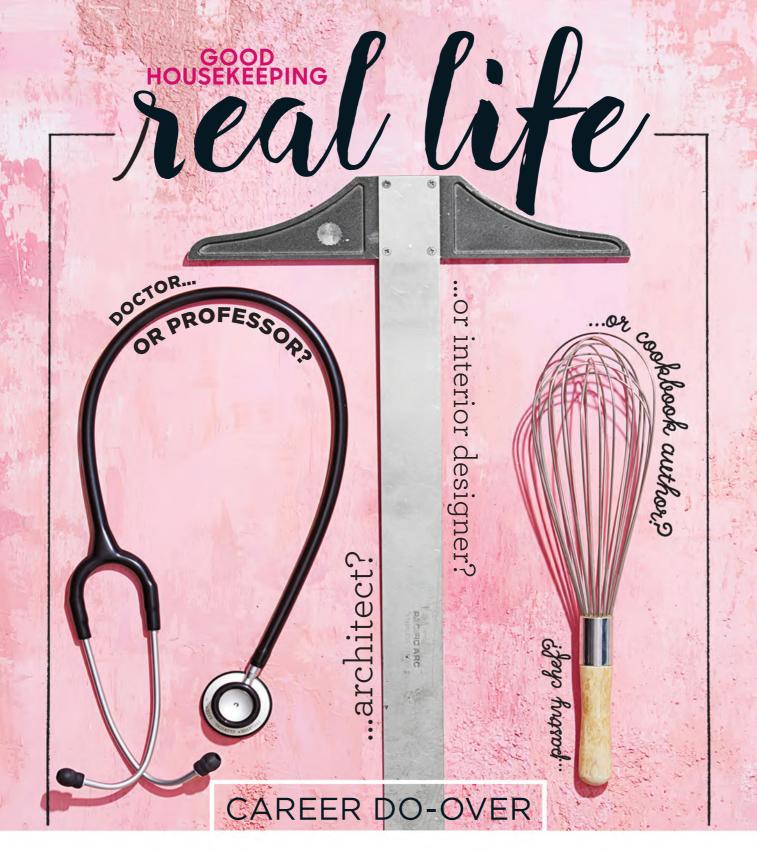
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Fantasizing about switching professional gears? You're not alone. Anne Kreamer, author of the book Risk/Reward (\$26, Random House), and the ad agency J. Walter Thompson surveyed 2,300 people and found that more than half wanted to pursue an entirely different occupation. Take the leap with these simple steps: COLLECT INFO. Once a week, read one article about your dream job. Whether it's cooking or coding, ask yourself: Do my skills align with my interest? What exactly do I need to learn?

MEET PEOPLE whose work you admire and ask them: "What do you like most about your profession?" "How did you get started?" Explore ways to team up as an intern or a volunteer.

TAKE A (CALCULATED) RISK. Enroll in night school, devote a month of weekends to apprenticing with a contractor, create an at-home studio to paint posters for a local playhouse—start doing whatever it is you want to do to see if your vision has legs. Says Kreamer: "Through doing, you'll find your way."

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LISA ROGIEN

Giving an injured African boy a place to heal and thrive



BLESSED MEETING

While volunteering in a Zimbabwe hospital in 2011 with Operation of Hope, a charity that provides medical care for people in need around the globe, nurse anesthetist Lisa Rogien, 35, a single mom of three from Boise, ID, met Blessing Makwera. At 14, Blessing had been terribly disfigured in a land mine accident. He and Lisa got to know each other: "Blessing had goals. He wanted to go to school and return to Zimbabwe someday to help people," she says. "He inspired me."

GROWING BOND

Over the next few years, as Operation of Hope prepared to bring Blessing to the U.S. for surgery, he and Lisa kept in touch via social media. After receiving treatment in San Diego in October 2013, Blessing needed a place to recuperate. Without hesitation, Lisa offered up her home.

NEW FAMILY

In Boise, "Blessing fit in seamlessly," says Lisa, who covers his living expenses (with some help from her parents). His host siblings—Braden, 16, Cooper, 11, and Avery, 6—taught him how to ski and river raft. Blessing, in turn, helped them with homework. Now 22, he hopes to attend a four-year college to become a mechanical engineer. Life with the Rogiens has been "a dream," he says. "Lisa's family is what a family really is. They care."

—Alexandra Rockey Fleming

Help kids like Blessing through Operation of Hope at operationofhope.org.



HAVE A QUESTION?

E-MAIL PEGGY@

GOODHOUSEKEEPING.COM

My sister's selfie game rivals Kim Kardashian's. Can I tell her to relax, or should I unfollow her? -VERONICA K.

Daily or even weekly selfies can seem like overkill, but it's not your place to tell her to cut back. If you feel that you need to unfollow her, do it, but remember: While Facebook allows you to unfollow a person's posts discreetly, without the person knowing it, Instagram does not. (If you unfollow her there, you'll disappear from her followers list, which might upset her.)



A YEAR OF LIVING GRATEFULLY

To improve her outlook on life, journalist Janice Kaplan, author of the new book *The Gratitude Diaries* (\$27, Dutton), jotted down one thing she was thankful for every day for a year. But you don't have to keep a diary to get your own mood makeover:

THANK SOMEONE YOU LOVE...

When was the last time you acknowledged your spouse for emptying the dishwasher? Research shows that we tend to forget to thank those close to us. Recognizing a loved one for doing a nice thing activates brain neurons that help us experience positive emotions. Your hub feels good, you feel good, everybody wins.

...AND SOMEONE YOU DON'T KNOW

The guy who makes your morning latte, your cabbie: Tell a stranger you value what he or she does, too. Experts say that when you do, you're more likely to engage in altruistic behavior afterward. Spread that love!

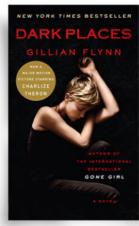
SNAP YOUR APPRECIATION

Documenting something that gives you warm fuzzies helps cement the memory of it, psychologists say.

Take a pic—of your kid, of a pretty flower—and hashtag it (e.g., with your initials and the word "grateful") so you can catalogue it and reflect on it later.

-Cory Stieg





"It was a labor of love,"
Gillian says of getting *Dark Places* onto the big screen.



Age: 44

Current home:
Chicago

Family: Husband Brett Nolan; son Flynn, 4; and daughter Veronica June, 1

CAREER-SPIRATION

REWRITING HER FUTURE

How Gone Girl's Gillian Flynn flipped a setback into an opportunity

AFTER SHE WAS laid off from her TV critic job at Entertainment Weekly in 2008, Gillian Flynn was "sad, frightened and a little embarrassed," she admits. But instead of wallowing in self-pity, she holed up in her basement home office and got to work on a new novel: a psychological thriller called Gone Girl. "I always believed that hard work pays off," she says. It did, in spades: With more than 13 million copies sold worldwide, plus a blockbuster movie adaptation starring Ben Affleck, the book made her a household name—and, now, one of Hollywood's most sought-after scribes. As the film version of her novel Dark Places hits theaters, GH asked Gillian how she went from wannabe novelist to star screenwriter.

IF YOU WANT TO DO SOMETHING, DO IT—NOW.

I wrote Sharp Objects and Dark Places [the books I published before Gone Girl] at night, on weekends and on holidays while I still had my job at EW. Lots of people spend too much time on the edge of the pool, looking at the water instead of jumping in. What I always tell people who want to be writers—and I think this goes for anything—is that you just have to do it. Preparing is only going to take you so far.

LOWER YOUR SHOULDERS.

That's what my husband says to me when we start any round of criticism [on my books or movie scripts]. It's no fun, but there's a reason you're asking people for feedback, and hopefully it's not because you want to hear "Oh, my God, it's perfect!" (I guarantee you, it's not.) You're so ready to defend what you have, but remember, you're asking for this person's advice because it isn't perfect. With David Fincher, my director on my first screenplay [for Gone Girl], I kept telling myself, This is a person who's been working at a very high level in film for 20 years. He knows what he's talking about!

I CAN DO WHAT I DO BECAUSE OF MY

HUSBAND. I have a wonderful spouse who shares every part of the housework and child care. I wouldn't have married a man who thought it was my job to do more at home just because I have

a vagina. If I have to hop on a plane, Brett immediately says, "Go do it!" and I don't feel quilty about it.

Left to right: Dark Places stars Christina Hendricks, Charlize Theron and Tye Sheridan.

DON'T BE INTIMIDATED

BY BOYS' CLUBS. I've gone to lots of meetings where I'm the only person in a skirt, and I deal with that by plowing through it. Media is maledominated; Hollywood certainly is. I remember I'm there because I'm a writer. The more women see other women in high-profile, powerful places, the more those women are going to believe that they can [achieve]. I heard a talk by Billie Jean King once. She gave a great quote: "You have to see it to be it." It's important to see women in positions of power.

— as told to Lori Majewski

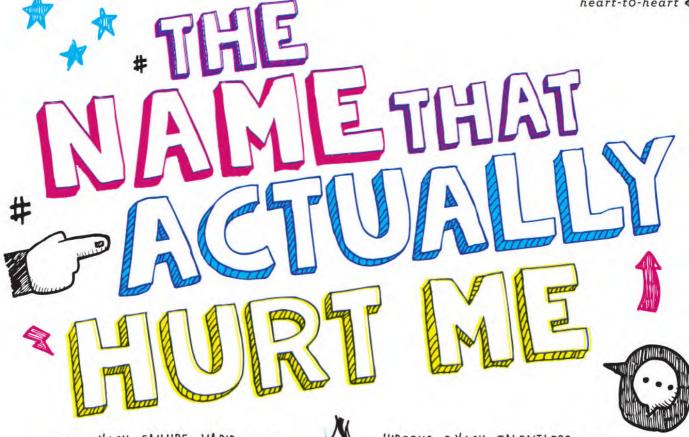
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KAILURE-VAPID-DUMB-SILLY-LOSER-HACK-FAILURE-UGLY-FREE/





istockphoto (illustrations)



No.

Why did the word "imperfect" bother me so? More than "ugly," more than "freeloader," more than "no-talent hack," more than "whore"?

I think it was because of how we, as women, pressure ourselves to be perfect and beat ourselves up when we fall short.

We're all told it's OK not to be perfect. But what we tell ourselves—and what we do—is a different story. We cover our gray, manicure our nails, smooth out our lumps with shapewear. We tan, we wax, we cleanse, we get loyalty cards from the blowout bar and wave the bread basket away—even as we tell our daughters they are beautiful just the way they are.

Our girls hear what we say and see what we do. And they live in a world where, for every normal-size woman we're finally seeing (God bless you, Mindy Kaling, Rebel Wilson, Queen Latifah and Amy Schumer), we're bombarded with thousands of images of bodies most women could never hope to achieve. Even "real-size" models in advertisements and magazines have been posed and lit, air-brushed and made up, so that, yes, they're bigger, but still kind of...perfect. Where are the rolls and stretch marks? Where are the jiggly thighs and dimply bottoms?

In my own life, the quest for perfection has cost me memories, moments I will never get back. There are hundreds of pictures of my older daughter, Lucy, photographs that document everything from her birth to her first tooth, first word, first step, first birthday, first day of school and onward. But through the first year of her life, when I was at my heaviest, there are literally three shots of me. One from her birth, when I was in a hospital bed, too exhausted to wave away the camera. One from her baby-naming, when I'd had my hair blown out and my makeup professionally applied, knowing I couldn't avoid at least one shot. And one from her baby playgroup, when my friend brought her camera. For 10 seconds I forgot to hate myself, because little two-toothed Lucy was squirming around with the rest of her 6-month-old crew, making adorable faces.

When Lucy looks through the albums, it's entirely possible that she won't believe she even had a mother until she turned 2. That's how completely absent I am from the visual record of her early life, because I thought I looked horrible, disgusting, unacceptable, miles away from the moms



in magazines who sashayed out of the hospital in their pre-baby jeans. Back then, I thought I had no right to even be in a picture until I'd lost the weight. Now? It breaks my heart that I don't have a true record of that first year, that I can't show my daughter that I was there all along, changing her diapers, feeding her mashed avocado, carrying her in a backpack on hikes, holding her in the water while she learned to swim.

It's been hard work for me to put myself out there—to put my words into the world even though the literati might sniff in horror, to put myself back in the picture even if I'm in a swimsuit, and bloated, and having a bad hair day. Perspective helps. When I get depressed about criticism, I'll go on Amazon to remind myself that even Jane Austen gets one-star reviews. If I see a picture of myself and want to hide in a closet, I'll consider what else I've been looking at. It's easier to maintain some self-esteem when I'm among real people, not reading People. And when I slip into negative self-talk, I'll ask myself if I'd ever tell my daughters that they were hideous, talentless, revolting failures who should believe the vilest of the anonymous Internet trolls.

Of course not. What I'd say is that perfect is impossible. When the camera comes out, don't hide. Tell yourself that every time a real, imperfect woman shows up in a photograph, an angel gets its wings...and a girl who sees it might believe that her looks are OK.

Be brave. Smile and say, "Here I am." ◆

Jennifer Weiner is the best-selling author of 12 novels. Her latest, Who Do You Love (\$27, Atria Books), comes out this month.











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#GHread

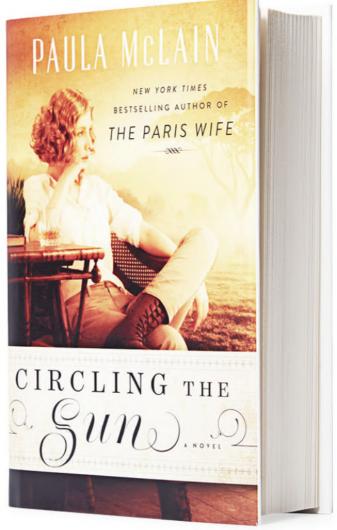
FLY GIRL

Amelia Earhart gets all the airtime, but this pilot had the juicier past

BERYL MARKHAM was a pioneering aviator the first woman to journey from Europe to America solo-yet few young girls today know her name. With her latest novel, based on true events. Paula McLain. author of the best-selling The Paris Wife, aims to change that. Raised by an aloof dad in colonial Kenya, thrill-loving Beryl chafes at stuffy British social mores. She prefers horse races to debutante balls - until she falls for a man as free-spirited (in the bedroom and otherwise) as she is. Beryl is one badass heroine. McLain crafts a story readers won't soon forget.

-Belle Cushing

Circling the Sun by Paula McLain (\$28, Ballantine)





AUTHOR SARAH PEKKANEN ON MY NIGHTSTAND



"I'm reading
Confess by
Colleen Hoover,
about a woman
working for an
artist whose
paintings are
inspired by
deeply personal
confessions. I
was drawn into
it immediately!"

Sarah Pekkanen's new book, Things You Won't Say, is in stores now.

NEW MEMOIRS

Good Mourning by Elizabeth Meyer, with Caitlin Moscatello Still grieving her dad's death, Meyer got a job at a famed NYC funeral home (of all places). Oddly enough, as she charmingly reveals, it helped her heal. \$25 True stories about loss, resilience and finding peace in an unlikely place

Girl in Glass by Deanna Fei

Novelist Fei recalls the months her seriously premature daughter spent fighting for life in the NICU. Raw, unflinching and beautifully written. \$26

Kill the Silence by Monika Kørra

College track recruit Kørra bravely recounts the brutal gang rape she endured near Southern Methodist University in Dallas in 2009. Read an excerpt at goodhouse keeping.com/korra. \$25



MORE PICKS King Henry VIII terrorizes his sixth wife in *The Taming of the Queen* (\$28, Touchstone). • A murder mystery is solved in *All That Followed* (\$25, Henry Holt). • Mother and daughter fall for the same guy (yikes!) in *Ally Hughes Has Sex Sometimes* (\$27, Dutton).

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12 1

HE LIVED AND DIED FOR FOOTBALL

"We never could've taken it away from him," Tammy Jeffries says of her son Dylan, *above*. "He loved it too much." Football may be as American as apple pie, but is it safe for kids to play? In a recent poll, *GH* asked readers whether they'd let their kids participate, and they were split 50/50. Tammy and Richard Jeffries lost their son to the sport in 2013. Read their heartbreaking story—then make your own call BY SHARON COTLIAR

LISTENING TO HER HUSBAND, Richard, recall their younger son's final moments in a football game two years ago, Tammy Jeffries covers her ears and shakes her head, unwilling to relive it again. "That's one memory I'd like to forget," she says.

The world went black for Dylan Jeffries on a Friday night in late September 2013. His team, the South Harrison High School Hawks of Lost Creek, WV, were hosting their cross-county rivals in one of the biggest matchups of the season. As the Hawks warmed up, Tammy and Richard kept a close eye on Dylan, 17, the team's star running back, who for two weeks had been sidelined while recovering from a concussion. Richard checked in on him throughout the game, calling down from the stands, "How you doing?" Every time, Dylan replied, "I'm fine, Dad."

Dylan played his heart out, running the ball for almost 50 yards and making an impressive catch. "He was at the top of his game," his coach, Brad Jett, recalls. By the fourth quarter, he'd helped boost the Hawks to a 17–10 lead.

Then, with less than nine minutes left, Dylan was tackled. Two players hurtled into him, crashing into his chest and legs and laying him flat, causing the back of his helmet to smack against the ground.

Unsteadily, Dylan rose, then walked to the sidelines. But seconds later, he collapsed. "Dylan's down!" Tammy cried. Richard, along with Dylan's older brother, Shane, ran to him, bounding down the stairs two at a time. "Dylan was unconscious," Richard says. "We couldn't get him to come back."

On October 6, 2013, after nine days in a >

medically induced coma, Dylan died from massive swelling of the brain—the result of what his doctors believe was second impact syndrome, a very rare condition that can occur when a brain not yet healed from one concussion experiences another (see "The 411 on Concussion," right).

In a matter of minutes, the straight-A student who dreamed of becoming an Air Force helicopter

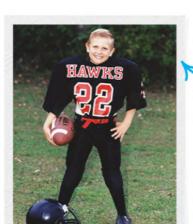
pilot became a statistic, one of six high school players to die of football-related head injuries in 2013, the deadliest season in over a decade. (Another four high school players died from head-related football injuries last year, according to the National Center for Catastrophic Sport Injury Research.)

Game of Risk

According to recent data, every year, in part due to the sheer volume of participants, tackle football causes the greatest number of concussions among male high school athletes in America. Research suggests that repeated concussions can contribute to the development of dementia, memory problems and other degenerative brain problems later in life.



A FAMILY REMEMBERS Clockwise from top left: older brother Shane, 22; Dylan's sister, Cassandra, 25; and Richard and Tammy this spring.



Dylan at age 8

"Kids who have accumulated concussions can have long-term post-concussive effects that are emotional, social and cognitive," says Patrick Bellgowan, Ph.D., program director of the National Institute of Neurological Disorders and Stroke (NINDS).

To make matters worse, recent research shows that the repetitive pounding of

football—the lesser knocks and blows a player endures in typical games—can also pose dangers: A University of Rochester study on college football players found it took just 10 to 15 hard hits to produce physical alterations in players' brains. And burgeoning evidence suggests that the longer a person plays, the more his brain may be affected; in a small University of Tulsa study last year, researchers discovered that college players who took up the sport in childhood had less volume in their hippocampus (a part of the brain involved in memory) than ones who started later in life.

The news has some parents thinking twice about letting their kids play. Participation in Pop Warner, the nation's largest youth football league, dropped 9.5% between 2010 and 2012. (It has since evened out.) But other moms and dads say they're proud football parents and believe that when the game is played properly, it's safe enough. They may not be wrong: "We haven't conducted large studies on youth football. For all we know, it might be safe," says Bellgowan. "Some doctors argue that kids are more susceptible to concussions because they have less neck strength, or that concussions are a greater danger to them because their brains are still developing. We need to find out. We're about five to 10 years from an answer."

A Lifelong Passion

Growing up near close-knit Lost Creek (population 496), where football "is what people live for," says Jett, Dylan dreamed of making the high school squad. Though Richard, 46, a Walmart automotive department support manager, had never played, sons Dylan and Shane, now 22, started as tykes. On and off the field, Dylan "had a big heart," remembers Tammy. At home, "he'd always come talk to me if I was having a bad day," she says. "Whenever his dad came home from work, he'd give him a hug."

During the Hawks' third game of the year, while making a dash for the end zone, Dylan suffered \Rightarrow

THE 411 ON CONCUSSION

Any time someone suffers a hard blow to the head or a body slam strong enough to cause whiplash, a concussion—a mild traumatic brain injury caused by the brain moving or twisting in the skull—is a possibility.

SIGNS & SYMPTOMS

Headache, dizziness, nausea and confusion are most common, but any behavior outside of vour child's usual (such as crying excessively or feeling "out of it") could be a warning. "Only you know what's normal for your child," says pediatric neuropsychologist Gerard Gioia, Ph.D., director of Safe Concussion Outcome, Recovery & Education at the Children's National Health System. If you notice any signs, seek medical attention: a doctor must render the diagnosis.

TREATMENT Your child should stop playing and be monitored closely. The standard protocol is rest-no sports, school, video games or texting. Concussion can make a child fatigued, so allow her to sleep when she's tired. Recovery can take days, weeks or longer. (In a 2014 study in Pediatrics, nearly a quarter of children with concussion still had headache and fatique a month after injury.) A health care provider with concussionmanagement experience should monitor your child and supervise a return to activities. If a child returns to play and is reinjured while the brain is still recovering, the result can be second impact syndrome (what Dylan experienced), which could prolong concussive symptoms or, in rare cases, cause disability or death. -Jennifer King Lindley

Jada sommervili



REAL LIFE family health

his first concussion when an opposing player roughly yanked his face mask. The jerking movement gave him whiplash, which can rattle the brain in the skull.

Later that Friday night, Dylan complained of a headache and vomited, common signs of a head injury. Over the next few days, his symptoms ebbed and flowed. On Saturday, he felt well enough to play in a golf tournament, which eased his parents' concerns. But when he complained of headaches on and off afterward, Tammy worried. On the Wednesday after the game, she took him to the ER.

After a CT scan showed no signs of brain bleeding, Dylan was diagnosed with a concussion and referred to a rehabilitation medicine specialist. Two days later, he and Tammy visited the specialist, who confirmed the ER physician's concussion diagnosis and told Dylan to come back for follow-up in a week. In the meantime, Dylan would need to limit his activity, the doctor said, to give his brain time to heal.

Though disappointed—he "wanted to get to at least the state playoffs," Tammy says—Dylan followed the doctor's orders, sitting out of football practice, avoiding other strenuous pursuits like basketball and abstaining from video games. His parents and coach "watched him like a hawk," Richard says, for other post-concussion syndrome symptoms such as nausea, dizziness and sensitivity to light. But "Dylan didn't have any of that," Richard says. Within a few days, his headaches abated. "He was acting normal," Tammy says.

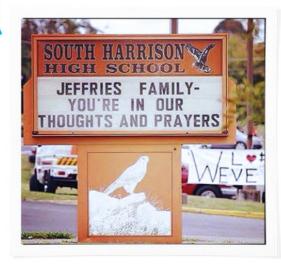
In public schools in West Virginia, as in many

states, injured high school football players must pass a multistep protocol to return to play. Generally state protocols work like this: Under a coach's supervision, an injured player reengages with physical activity one exercise at a time. After each exercise, if the player is asymptomatic for a set period (24 hours in most programs), he

can try the next. If symptoms arise, however, the athlete must pause the protocol and rest for longer.

In the days leading up to Dylan's return, Jett took every precaution, first easing him into running exercises, then having him try football drills (like blocking a sled), and finally letting him practice light tackling. Dylan said he felt fine.

On the morning of September 27, 2013, Tammy took Dylan to the specialist for his follow-up appointment. Once again, the doctor asked him a series of questions to assess his cognition. "Dylan was sharp," Tammy says. The doctor says he recommended a gradual return to play; nonetheless, he noted that Dylan was asymptomatic and gave him a letter allowing him to return to extracurricular activities. "He was so excited to play in the game that night," Tammy says.





The South Harrison High School sign on September 29, 2013, two days after Dylan's accident.

FOOTBALL

SAFETY CHECKLIST

Five measures to help minimize the risks

Educate your kid. "Many children don't know the signs and symptoms. They may feel funny and not know why, or they may believe you have to black out," says neuropsychologist Rosemarie Scolaro Moser, Ph.D., author of Ahead of the Game: The Parents' Guide to Youth Sports Concussion. Others may not admit they're hurt because they don't want to be benched. Make sure your kid knows that shrugging off symptoms could have grave consequences.

Insist on a buddy system. The coach can't keep his eyes on all players, so teammates have to help. Tell your son and his pals to report when they see a hit or if a pal is "out of it."

Suss out the coach.
Find out if your kid's program follows Heads Up guidelines, CDC-partnered training materials on concussion, safe tackling (using the shoulders to make contact), blocking and more. Talk to the coach and stop by practices to make sure the rules are followed. "A coach should be willing

to listen to parents' concerns," says Brooke de Lench, director/producer of the documentary *The Smartest Team: Making High School Football Safer.*

Inspect the helmet. Make sure it fits well and either was built in the past five years or has been recently recertified by the National Athletic Equipment Reconditioning Association (look for a NAFRA label). As for helmet "add-ons" like sensors that measure impact, there's no data yet that supports their value in increasing safety, but some experts say they could help coaches monitor their players from the sidelines.

Get baseline testing.

Many programs conduct computer-based cognitive tests (quizzes not brain scans - on reaction time, visual motor speed, memory and attention) on players at the start of the season. These "give a snapshot of what the child is like normally," Moser says. "If he does get a concussion, [redoing those tests] can help determine whether the child is ready to return to sports." Testing should be conducted by an expert trained in administering them and interpreting data. If your team does not offer baseline testing, you can arrange individual testing, though vou'd have to pay out of pocket. -JKL

Tragedy on the Field

After Dylan collapsed, he was rushed to a nearby hospital by ambulance, then airlifted to Ruby Memorial Hospital in Morgantown, WV, where a team of doctors were waiting. At the stadium, players and fans held hands for 30 minutes and prayed.

As Tammy and Richard raced to be by Dylan's side, Richard's cell phone rang: It was a doctor, asking for permission to operate on Dylan's skull to relieve the pressure on his brain. "Do what you've got to do," Richard told him.

For the next nine days, the family kept vigil at Dylan's bedside. Around the clock, wearing T-shirts emblazoned with Dylan's number, 22, his friends came in droves, filling up two waiting rooms. But as time passed, it became clear that Dylan wasn't getting better. On the eighth day, specialists showed Tammy and Richard scans of his brain activity. "There was nothing," says Richard. "We knew the good Lord had taken him home."

After Dylan's death, his coaches retraced their steps, wondering if there was anything they could have done to save his life. "We followed every protocol the state had." Jett told GH during an emotional interview in his office, next to the South Harrison High School football field, where Dylan's jersey is now retired.

In the absence of more sophisticated testing methods, assessing concussion recovery will always be tricky, notes the NINDS's Bellgowan. "The challenge of concussion has always been that there's no objective measure of recovery," he says. "There's no brain scan we can give you. I tell athletes to think of a concussion like a hamstring pull—it often feels better before it's fully healed. It's likely that your brain is the same. When in doubt, sit it out." Officials in the Jeffries family's home county now make baseline testing for concussion available to athletes in all sports. Jett requires his players to be tested at the start of the season,

monitors them more closely during contact drills and checks their eyes often for pupil dilation, another concussion signal.

Nearly two years later, Dylan's loved ones are still coming to terms with the loss. "I try not to dwell," Richard says. "If we dwell on the pain and anger, it's going to make it worse for everybody." Instead, they've tried to channel their grief in positive ways. Last year they established a scholarship fund in Dylan's name, benefitting local high school grads heading to college or vocational schools. Remembering happier times helps quell their heartache, too. Tammy and Richard cherish the memory of the smile on Dylan's face as he left home for his final game. Before walking out the door, he hugged them, as he always did, and said, "I love you guys."

"You never know what tomorrow will bring," Richard says, "The Lord has a reason for everything. Maybe Dylan's life was meant to shine a light on the seriousness of concussions." •

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GH REPORT

BY THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE



1. THE FORT KNOX OF CONTAINERS

Emsa by Freiling Clip & Close Glass Containers

Perfect scorers, these stayed airtight for 14 days in our Climatology Lab under hot, humid conditions, and not a drop seeped out after shaking. They survived going from freezer to microwave and 14 runs in the dishwasher without staining, melting or leaking. **Best for:** Items that get soggy, like chips; foods that may leak (e.g., dressed salads). **Good to know:** They nest for easy storage. \$10 to \$35

2. DRY-STORAGE STANDOUT

Prepara Evak

These glass jars—pretty
enough to sit on the
counter—are better than
ceramic canisters (which
are porous) for protecting
staples like flour and coffee
from air. Smart design trick:
As you push down on the
handle, air is forced out,
keeping the contents fresh.

Best for: Dry pantry
items (e.g., pasta, sugar)
that you want within reach.
Good to know: Lids are not
dishwasher-safe. \$10 to \$30



3. BEST BAG

Blue Avocado (Re)zip Reusable Storage Bags
Bags take up less room than containers,
and these are freezer-safe and easy to
hand-wash. They're not 100% airtight, but
they beat nine containers and three wraps.

Best for: Bulk foods you use often, like
cereal, and veggies you want to keep crisp.

Good to know: Don't use them to
transport soupy foods—they may leak.

\$15 for two 1-gallon bags (other sizes available)



SHARON

Sharon Franke

Appliances and Technology Lab

@sharonfranke

HOW DO I GET STAINS OUT OF PLASTIC STORAGEWARE?

Mix a solution of 1 Tbsp. chlorine bleach per 1 c. warm water, making enough to cover the discolored portion. If the lid is stained, place it inner side up in the sink and pour on the mixture. Soak for 30 minutes, then wash in hot, soapy water; rinse; wipe dry.

MY CONTAINER SMELLS LIKE ONIONS. CAN I GET RID OF THE ODOR?

Wash it with baking soda sprinkled on a sponge. Still stinky? Soak it for 30 minutes in a mix of 4 Tbsp. baking soda and 1 ct. warm water.

4. PLASTIC TO-GO CHAMP

Snapware Total Solution Plastic On-the-Go line

Freezer- and dishwasher-safe, these containers aced our two-week airtightness test. Cool perk: Their removable ice packs will keep food cold on the way to a grillout. But they did stain and were no longer leakproof after being microwaved.

Best for: Perishables like fruit or tuna salad (be sure to bag liquid-y dishes). Good to know: Lids snap onto bottoms so they won't get lost. \$5 to \$17



MAKE FOODS LAST LONGER





Use the smallest container possible so there's no room for air, which causes food to spoil or become stale.



Keep eggs in their original container on a refrigerator shelf, not in the door (it's the warmest place in the fridge).



Keep your fridge at an ideal 37°F and the freezer at 0°F or lower.



Refrigerate perishable food within two hours (one if air temp is above 90°F). Don't put onions, garlic, bananas, tomatoes or potatoes in the fridge—it will sap the flavor.



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The non-habit forming sleep-aid from the makers of NyQuil.™
Sleep easily.
Sleep soundly.
And wake refreshed.



Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2014

SPACE SAVERS

DORM ROOM

GADGETS

Small 'n' clever upgrades that make digs homier and school life easier

1. CREASE RELIEF

No need to fuss with an iron and ironing board. This lightweight steamer, which earned the GH Seal, boils $\rm H_2O$ in minutes so you can steam out wrinkles while clothes are on hangers. Joy Mangano 900W My Little Steamer, \$30, hsn.com

2. WAKE, SIP, GO

Students can use their own coffee (no expensive pods!) to brew a cup of java in a minute and a half. Hamilton Beach The Scoop Coffeemaker,

The Scoop Coffeemaker, \$70, hamiltonbeach.com

3. NOW HEAR THIS
This tiny Bluetooth wireless speaker emits big sound, whether for tunes or as a speakerphone for calls (from the parental units, of course).
Mini Jambox, \$130, jawbone.com





HOW IT WORKS

MICROFIBER

WHAT IT IS

A cloth made of nylon and polyester fibers that cleans wet or dry. It's machine-washable.

WHY IT'S MAGIC

The fibers are split into thousands of filaments that grip dirt and oils and can create a static charge that attracts dust.

HOW TO USE IT

Wet a cloth for general cleaning (e.g., counters), and use a dry one for buffing shiny surfaces. To keep cloths in good shape, launder separately, without fabric softener or bleach.



DANGEROUS PRODUCT

RECALL

GAS RANGES

Viking has recalled over 52,000 gas ranges after 75 reports of their turning on by themselves, resulting in burns in some cases. For affected models and free repair, contact Viking Range at 877-929-2581.

PRICE CHECK SHAMPOO

We went Web shopping for these top-selling brands to compare costs. Check out the deals:

WALGREENS

\$3.99

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Suave Professionals Almond + Shea Butter Moisturizing Shampoo (28 oz.)

Head & Shoulders
Classic Clean
Dandruff Shampoo
(23.7 oz.)
5000

WALMART ...COM

\$ 2	.7	4	ļ

\$7.26 \$7.99

DRUGSTORE .COM

\$4.49

\$4.94

SOAP

\$8.79

\$9.25

MIKE GARTEN (cloths)



Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need.**

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BEST OF THE TEST

DIAPERS

From Our Textiles Lab

Ready for a change? We put 29 brands through Lab evaluations for liquid absorbency. These will help keep your baby dry and make life easier—less mess, less stress



OVERALL WINNER

Huggies Snug & Dry were superabsorbent, whether the wetting occurred gradually or all at once, even at a 45-degree angle (because babies don't always go standing up). Their core, which runs front to back, was the best at holding on to liquid, and their inner lining was not soggy when checked after 10 minutes. \$16 for 80 (\$11.20 for a week's worth)*



DRUGSTORE STAR

Walgreens' Well Beginnings snagged this division, beating even Huggies for absorbency, when liquid was poured on at an angle. A dry diaper soaked liquid up fast and released very little afterward—so your baby can stay comfy if you can't change her right away.

\$18 for 96 (\$10.50 for a week's worth)*



CLUB CHAMP

Costco's Kirkland Signature Suprême Diapers edged out many brands in our absorbency tests. One drawback: They didn't do as well as others when liquid was poured onto their core at an angle.

\$39 for 210 (\$10.40 for a week's worth)*; also available at diapers.com





EARTHY WINNERS

POSH PICK

Yup, they're pricey, but Bambo Nature are made with pulp certified by the FSC (Forest Stewardship Council), meet the stringent standards for the Nordic Ecolabel and aced our tests. \$55 for 120 (\$25.67 for a week's worth)*

VALUE PICK

Pampers Cruisers, which tested well in our Lab, have our Green GH Seal: They use responsibly sourced wood pulp and the packaging contains recycled materials. \$47 for 174 (\$15.13 for a week's worth)*

DECODER

ECO CLAIMS

Because so many brands make "green" promises, we wondered: Are they all for real? Here's what we discovered.



LEGIT

Certified: Third-party certifications like "FSC-certified" (meaning wood pulp is from sustainably harvested forests) are A-OK. Chlorine-free: Bleaching without chlorine does reduce by-products in wastewater, but other chemicals may be used in place of chlorine, so look for "unbleached" instead.



LAME

Natural: All components of diapers are processed and aren't entirely from nature. Biodegradable: Most diaper materials won't degrade in a landfill (where they'll probably end up) for years. Instead, look for "compostable" brands—but you'll need to remove the waste and take the diaper to a composting facility.



EXCLUSIVE EASY WASH FORMULA™ PROVEN TO WITHSTAND UP TO 1,500 SCRUBS.*



OLYMPIC® ONE® Paint — maintain a beautiful finish you can be proud of. And it's the only paint-and-primer-in-one with *Exclusive Easy Wash Formula*.

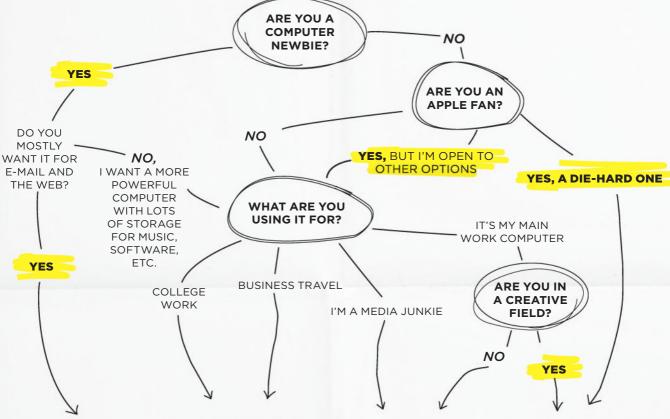




From Our Engineering Lab

BEST OF THE TEST LAPTOPS

Our engineers and in-Lab testers evaluated 20 laptops for everything from battery life to trackpad responsiveness. Find your winner



DELL CHROMEBOOK 11, \$379



*11.6-inch screen, 8-hour battery life, 2.9 lbs. Want a bigger screen and

keyboard than your smartphone's? This basic model fits the bill, but is small enough to stash in your tote. **GOOD TO KNOW** There's minimal storage; you can run Web-based programs (like a cloud version of Word), but can't install some large desktop software (e.g., Excel).

SURFACE PRO 3,



*12-inch touchscreen, 5-hour battery life, 2.5 lbs.

If you like a portable tablet, but need a keyboard for projects or note-taking, try this two-in-one—its keyboard snaps on. And it has a fast central processing unit (CPU, the "brains" of a device), especially for a two-in-one.

GOOD TO KNOW Some testers found the unique touchscreen motions confusing.

ACER ASPIRE S7, \$1 479



*13-inch touchscreen, 5-hour battery life, 2.9 lbs.

Great for professionals who use technical programs or media consumers with big libraries. You can run multiple applications (like Excel, MATLAB and Safari) at once without worrying about speed or performance.

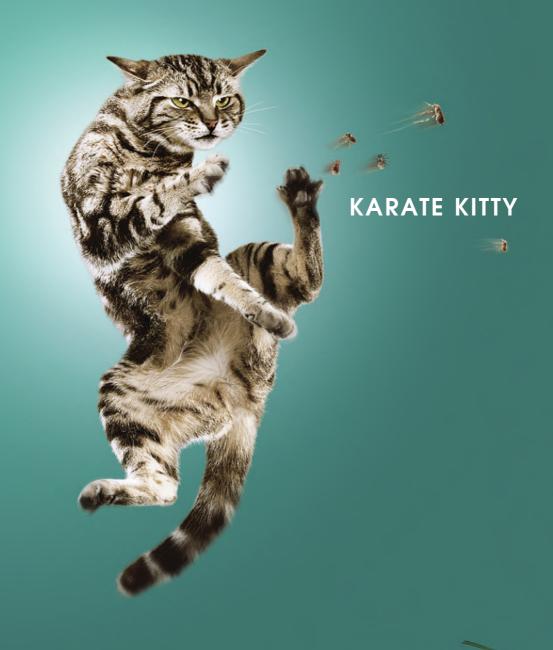
GOOD TO KNOW The touchscreen is so sharp and big that some testers said it made things look too real.

APPLE MACBOOK PRO, \$1,299



*13-inch screen, 12-hour battery life, 3.5 lbs.

We know you like them Apples. This latest model has retina display (a.k.a. *very* high resolution) and more than double the battery life of some laptops we assessed. Testers found it easiest to use. Plus, it's loaded with creative tools like iMovie. **GOOD TO KNOW** It was a bit slower at document transfer.



Arm your cat against fleas and ticks with the killing force of FRONTLINE® Plus

Rely on FRONTLINE Plus to kill fleas and ticks, plus flea eggs and larvae, preventing a new infestation. Its protection lasts a full 30 days.

Frontline.com f







OUR PROMISE

GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refund-or-replacement limited warranty.*

Seal Spotlight PICNIC PICKS

Planning a backyard bash? Look for these trusted Seal holders and focus on the food and fun—not the cleanup

KIKKOMAN

ess Sodium

Soy Sauce



Dixie's Ultra paper plates won't, uh, cave under pressure. Our Labs found that they held more food without collapsing than any of the other 14 brands tested. They also protected against oil seepage for over an hour—no stains on your new culottes!

\$3 for 44 7-in., 32 9-in.

NO-FAIL NAPKINS

Summer is the season
of spills—think melted ice
cream and sticky lemonade.
Superabsorbent Bounty Quilted
Napkins performed exceptionally in our
Textiles Lab's strength tests, which measured
how much force they could withstand before
tearing apart—and they held up well both dry and wet.
\$3 for 200

MAGIC MARINADE

A Seal holder since 1964, Kikkoman Soy Sauce can spice up any grill favorite. Not just for sushi, the low-calorie sauce infuses veggies, fish or meat with the perfect briny flavor. \$3.50 for 15 oz.

KNOW YOUR SOY SAUCES

REDUCED OR LESS SODIUM

Trying to cut down on salt?
Pick "reduced sodium" or "less
sodium" options, which meet the
FDA's standard of at least 25%
less sodium than the original.

GLUTEN-FREE Soy sauce is usually brewed from soybeans, salt and wheat—hello, gluten! If you're intolerant, go for a no-gluten one, which swaps rice for wheat. Kikkoman's glutenfree version is also third-party certified by the Gluten-Free Certification Organization.

ORGANIC Most U.S. soybean crops are genetically modified organisms (GMOs), engineered to be herbicide-tolerant. To avoid GMOs, look for USDA organic certification: It requires ingredients to be non-GMO. Kikkoman Organic Soy Sauce is also preservative-free.

or 22 10-in. plates

GOOD TO GO



AZEK

AZEK Building Products' suite of products - Deck, Trim, Mouldings, Porch, Rail, and Pavers - are all high-quality, low-maintenance products that offer tangible benefits as ideal replacements for traditional building products.

AZEK.com

For a full list of products that have received the Good Housekeeping Seal, visit

Goodhousekeeping.com/ sealholders



For more information about our featured products, sweepstakes, events and extras, visit goodhousekeeping.com/promotions

GOOD HOUSEKEEPING

Celebrates Mother's Day

WITH A GOOD CAUSE

Good Housekeeping hosted its annual Celebration of Mother's Day at the Hearst Tower in New York City.

Guests were treated to a performance by the Professional Performing Arts High School and, in collaboration with No Kid Hungry, presented Principal Barbara Friedrich with an honorary Good Housekeeping Seal for her outstanding efforts to end childhood hunger.



Pat Haegele SVP, Publisher; Barbara Friedrich, Honoree; Jane Francisco, Editor in Chief

EVENT PARTNER

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Anne Houseman, Taylor Moore, Lindsey Spindle—No Kid Hungry Megan Ayers—Chateau Ste. Michelle Chuck Vassallo, Vago Ohanyan— PPAS

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Peanuts. HAVE YOU SEEN MY POWER PLANT?



HOUSEKEEPING JOUNT DOCUMENT OF THE PROPERTY O

DRINK TO
YOUR HEALTH

ICED COFFEE

It's cold, refreshing, a cinch to make and good for you.

More and more research shows that coffee (iced or hot-no sugary concoctions, please) may reduce your risk of getting a slew of diseases, including Alzheimer's, type 2 diabetes, heart and liver disease and some cancers. And frequent coffee runs may boost the effects: Many protective benefits increase in people who sip two or more glasses - that's two eight-ounce Shorts at Starbucks-per day. (One buzzkill: Your sleep may suffer if you don't limit yourself to four cups, or 32 ounces, all before midafternoon.) Biochemists attribute most of coffee's perks to two components: antioxidants called polyphenols, which improve blood flow, and caffeine, a stimulant that bolsters memory, mood and alertness. So go ahead, give java a shot.



Jaclyn London, M.S., R.D. GH Nutrition Director

@jaclynlondonRD

HOW MUCH FISH SHOULD I BE FATING?

Fish has gotten a lot of bad press in the past few years. But the latest research shows that all the hubbub has been mostly unwarranted. In fact. I worry more about people eating too little seafood than too much of it. That's because fish is the best source of omega-3 fatty acids—nutrients with a ton of benefits, including reducing your risk of depression, heart disease and cognitive decline. And almost all seafood (wild, canned or farmraised) is a great catch. The only fish to avoid are shark, swordfish, king mackerel and tilefish from the Gulf of Mexico, since they can contain high doses of methylmercury and other pollutants.

Bottom line: Eat 12 ounces (two or three entrées' worth) per week. Salmon, tuna, shrimp and cod are ideal choices.

HAVE A QUESTION?

E-mail askjackie@good
housekeeping.com.



PICTURE THIS: Your kid is in the water and inhales a mouthful. She sputters and coughs and may even throw up. Afterward, she's tired, but she can talk and walk, so you assume the worst is over. What you may not realize: Drowning remains a risk.

KNOW THE FACTS

When a few drops of water make their way into a person's lungs, they usually clear on their own without any complications, says pediatric emergency specialist Michael Gerardi, M.D., president of the American College of Emergency Physicians. But if more water gets trapped (say, a tablespoon), oxygen deprivation can occur, and a toxic cascade of respiratory events like inflammation and pulmonary edema (a potentially fatal condition that requires urgent treatment) could develop. Sound familiar? On the Showtime drama *The Affair*, Ruth Wilson's character loses her son this way.

Fortunately, this kind of drowning — often referred to as "secondary drowning," though

this is not an official medical term—is extremely rare; if a child really seems fine, the overwhelming odds are that she *is* fine. Still, you can never be too careful.

STAY SAFE

After any worrisome water incident, watch your child closely for these symptoms, which can worsen over time:

- · persistent coughing
- · vomit or pinkish foam from mouth or nose
- · breathing difficulties
- fatigue to the point of lethargy (including oddly timed naps or early bedtime)
- · lips and tongue turning blue
- · unusual change in behavior

If any of these warning signs arise, head to the ER. "If no symptoms appear after eight hours, you can assume he's in the clear," says Justin Sempsrott, M.D., executive director of Lifeguards Without Borders. Your child can go to sleep on his usual schedule, adds Dr. Gerardi—there's no need to wake him up to check on his safety. —Kimberly Goad



A SCIENTIFIC COOLDOWN

Feeling (miserably) hot, hot, hot? Hold cold packs to your cheeks, your palms and the soles of your feet. New research shows that chilling these spots delivers relief significantly faster than treating other parts of the body. That's because these particular areas (which are hairless and tightly packed with blood vessels) are responsible for facilitating your body's heat loss, says Grant Lipman, M.D., coauthor of the study. Cool, huh?

CHRIS ECKERT/Studio D (Jaclyn); Getty Images (2)

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BEST OF THE TEST

ACTIVITY TRACKERS

The GH Engineering Lab put 10 new models through their paces. Our front-runners:



FEATURES GALORE

Fitbit Charge HR (in two colors), \$150 This multitasker keeps tabs on heart rate, steps taken, floors climbed and elevation gained—and it gives phone call alerts, too. If you're big on outdoor exercise, opt for the upgraded Fitbit Surge (\$250), which has built-in GPS.



BEST BUDGET BUY

Jawbone Up Move (in five colors), \$50 It's a great entry-level option that handles the basics—tracking steps and sleep—without a glitch. Testers said it was easy to set up and comfortable enough to wear to bed. Clip it to a shirt or sport it as a wristband.



OFFICE CHIC

Misfit Shine (in nine colors), \$100+ When you double-tap this waterproof "jewelry" (worn as a pendant or bracelet), it lights up to display your daily progress in walking, running, cycling and/or swimming. Competitive types can use the app to compare stats with the average Misfit user or selected friends.

BUYING TIP: Hate being chained to a charger? Choose a tracker powered by a watch battery (half the ones GH tested were). Replace the battery every four to six months and—hooray!—forget it the rest of the time.

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North Dakota's wide-open spaces have a way of making any vacation come to life. Start your journey at LegendaryND.com.

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GET THE GEAR:

Kettlebell, gofit.com.

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What's smarter than a dumbbell? The kettlebell. a weight with a handle that's easier and more fun to

maneuver. Tone from head to toe with this cool tool



GH TRAINFR ON CALL Latreal "La" Mitchell

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HOT POTATO

WORKS ARMS, ABS, GLUTES, THIGHS Start with feet hip-width apart, holding kettlebell in right hand. Lunge with left leg, passing kettlebell under left thigh (as shown) to left hand. Return to starting position and repeat, lunging with right leg and passing weight to right hand. Alternate for 12 reps.

WARD OFF WOBBLE Keep weight in your front heel to steady yourself.





WORKS SHOULDERS. OBLIQUES, BACK, GLUTES

Stand with feet slightly wider than hip-width apart, with kettlebell in right hand. Reach left arm up toward ceiling. Rotate chest to left and gaze at left hand as you slowly lower torso until kettlebell touches floor (as shown). Pause. then return to start. Do eight reps. Repeat on other side.

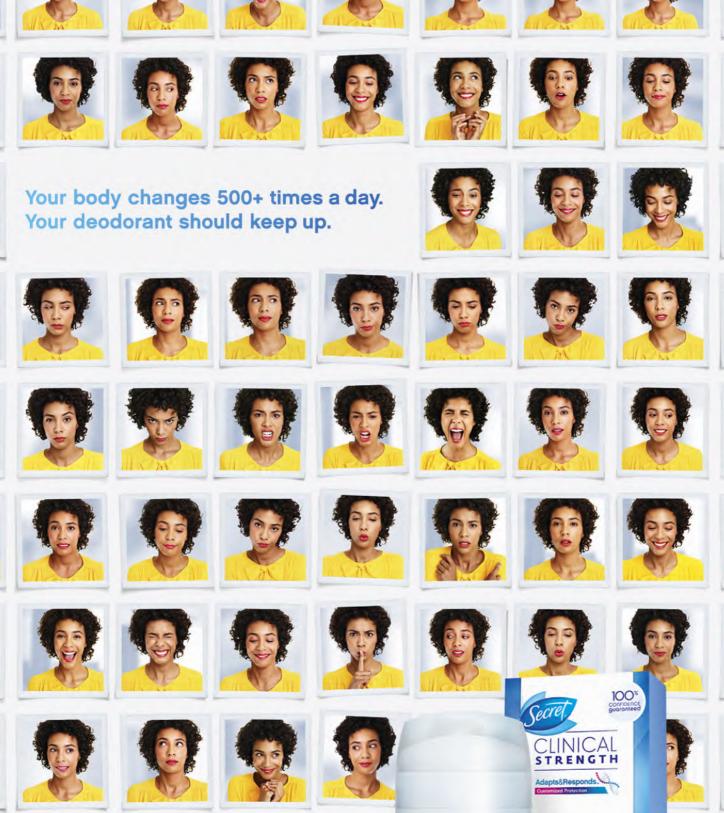
FAKE IT 'TIL YOU MAKE IT Master the movement without the 'bell. Pick one up when you feel confident.



at sides, feet hip-width apart. Keep knees soft and shift hips back to slowly lower kettlebell until it reaches middle of shins (as shown). Tighten abs to return to start. Do six reps, then switch sides.

TAKE A BOW This isn't a squat. Fold forward, keeping your back flat, as if you're receiving a round of applause.





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WORKING TOGETHER



To Ensure Balanced Meals for Everyone

Providing your family with delicious, balanced meals is important to you, AND to America's farm families, who each feed 155 people.* As the global population grows, farmers, researchers, nonprofits, weather experts and others are working together for sustainable solutions to make balanced meals accessible to all families.

HIGH-TECH SOLUTIONS Agricultural experts are developing ways to collect data about each individual acre to help farmers optimize water, soil and energy use.



WEATHERING TOGETHER

Weather experts are creating mobile apps that can check field conditions remotely AND send text alerts at the ideal time to plant—helping farmers have better harvests.

97%
OF U.S. FARMS ARE FAMILY OWNED & OPERATED.*



TODAY'S AMERICAN
FARM FAMILY
FEEDS 155 PEOPLE
(VS ONLY 25 IN 1960!)*

Helping Honey Bees

Farmers, beekeepers, nonprofits, agricultural organizations, government agencies and others are working together to protect this busy pollinator. About **1/3 of the food** eaten by Americans comes from crops pollinated by honey bees, including fruits, vegetables and nuts!**













DIETING EASY

I scream, you scream, we all scream for...produce?! These tricks will **train your taste buds** to crave healthy foods and feel satisfied with less junk

BY LISA FIELDS AND JULIA EDELSTEIN



_ EAT **ripe**, _ **Juicy** fruit

"It's a myth that deliciousness is the enemy," says Mark Schatzker, author of The Dorito Effect. His book contends that we humans are designed to crave food that tastes good and is good for us. The problem: Year-round factory farming has turned tasteless fruit, veggies, poultry and pork into the norm at many supermarkets, while processed foods like candy and soda are now more flavorful than ever before. The trend is most troubling when it comes to fruit: When your body craves a peach, your brain's first thought is no longer fruit, but fruity treat (like sour peach gummies). Fortunately, you can make real peaches peachy again simply by eating them when they're in season, says Schatzker. (Frozen are OK, too.) And be a pickier shopper: Think farmers' market over grocery chain.

FOLLOW YOUR **NOSE**

Deliberately breathing in a food's aroma tends to make you appreciate its flavor, and that leads to craving it. Cook with fragrant veggies like garlic, onions, leeks and fennel. Then do jumping jacks before dinner; you'll increase blood flow to your nasal passages, boosting smell, says Pamela Dalton, Ph.D., of Monell Chemical Senses Center in Philadelphia. Like spiciness? Add cayenne; it contains capsaicin, which may help rev up metabolism.

SKIP "HEALTHY" LABELS

When volunteers ate a chocolate-raspberry protein bar labeled as a health bar, they were hungrier than if they ate nothing or the same food labeled as a candy bar, reports a study in the *Journal of Consumer Research*. "People expect food that is healthy to keep them less full, so they eat more of it," says study author Ayelet Fishbach, Ph.D. The fix: ID how hungry you truly are. Haven't eaten in the last four hours? Eat a meal. Then, if you're still jonesing for a treat, have a little dark chocolate.

HAVE A MEATY SNACK

If you're dying for flavor-blasted chips, your body may really want meat. (Many chips have been engineered to taste meaty, says Schatzker.) Reach for turkey or roast beef rollups. Because they're protein-packed, they'll ward off hunger. Low-fat cheese sticks and Greek yogurt are other smart options, says Susan B. Roberts, Ph.D., author of *The "I" Diet.*



5 GO TO **BED!**

Roll bedtime back by 15 minutes a week until you hit the time needed to wake feeling rested. "Better sleep promotes healthier levels of hunger-regulating hormones," says Michael A. Grandner, Ph.D., a sleep expert at the University of Pennsylvania. His research shows that those who regularly clock seven to eight hours of sleep eat less sugar and carbs than those who log five to six.



MoSuch Thing lis TOO MANY COOKS TWIHE KITCHEN

We think there can never be too much collaboration.

That's why we partner with different organizations to help solve agricultural challenges — like improving honey bee health. We all rely on honey bees to pollinate the fruits and vegetables we enjoy every day, which is why we're devoted to helping them. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com**





STORY ARCS DON'T GET ANY MORE DRAMATIC.





We were bowled over by this clever new way to serve dessert. And whipping it up couldn't be easier: Slice a pineapple in half, scoop out the fruit and—now for the hard part—choose your ice cream flavors. Allow our Test Kitchen to make a few deliciously simple suggestions (Three-Ingredient Sorbet, anyone?).

See page 146 for recipes.

YOUR KITCHEN Food news



Susan Westmoreland

Food Director



PICKLING 101

When I saw jars of pickled green beans glistening at my farmers' market, I immediately wanted to make my own. They're a cinch—and the method works with radishes, cukes and peppers, too. All you need is a pan, vinegar, spices and jars with lids.

PERFECT "PICKLES"

Put 1 clove garlic, sliced; ½ tsp. red pepper flakes; ½ tsp. dill seed; and 4 dill sprigs into each of 4 clean pint jars. Divide 2 lbs. trimmed veggies among jars. Heat 3½ c. white vinegar, 1½ c. water and 2 Tbsp. each kosher salt and sugar to boiling; pour over veggies, cover and refrigerate 3 days before opening. Opened pickles will keep for 2 months.



trending

COLD-BREW COFFEE

Smoother and less acidic than regular joe, this cool cold brew is suddenly everywhere. Try our favorite bottled concentrate (*right*) over ice, or add hot water or milk to it. Time on your hands? Make your own by steeping grounds in cold water for 12 hours. A special brewer makes it easier (see below).

Chameleon, \$11 for 32 oz.





SLIM DUNK

Here's the skinny on the new trimmed-down Oreos: Same yummy flavors as the originals (classic, mint and golden), but 18 fewer calories apiece. Got milk?

Oreo Thins, \$4.50 for 10 oz.







Naan Wrap with NEW Spicy Indian Veggie Patties



A PLATE FULL OF POSSIBILITY.

Eating less meat and more delicious veggie protein is good for you and the Earth. Find out why at MorningStarFarms.com and take the *Veg of Allegiance*.™ **#VegAllegiance**







20-MINUTE MEALS

EASY WEEKNIGHTS

Bust out of your Caesar rut with our satisfying summer salads



GRILLED PLUM & PORK SALAD

Brush 1 lb. pork tenderloin with canola oil; sprinkle with ¼ tsp. salt. Grill on med.-high, covered, 10 min., turning once. Whisk 1/4 c. hot sauce with 2 Tbsp. brown sugar and 2 pressed garlic cloves. Coat 3 plums, cut into wedges, with oil. Grill, cut sides down, 3 to 5 min., covered, turning once. Toss plums with 8 c. thinly sliced cabbage, 2 tsp. oil and salt to taste; transfer to platter. Brush pork generously with hot-sauce mixture; grill 6 to 8 min. more or until cooked through, brushing and turning. Slice pork; serve over plums and cabbage.

SERVES 4 ABOUT 265 CALS, 24 G PROTEIN, 22 G CARBS, 10 G FAT (2 G SAT), 4 G FIBER, 875 MG SODIUM.









MAD	MADE WITH		
15%	Steak		
85%	Things that don't belong on a steak		



MADE WITH		
100%	Turkey Breast	



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16g Protein

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BREAKFAST

MMM...MORNING

Prep the egg salad the night before and throw together this **gourmet grab-and-go** croissant 'wiches in the A.M.





A Peeling Tip
Place eggs back
in the saucepan
with a couple of
inches of water,
close lid tightly
and shake
vigorously to

loosen shells.

GREEN EGGS & HAM 'WICHES

Peel and chop 6 lg. hard-cooked eggs. In med. bowl, gently combine eggs, ¼ c. refrigerated pesto, 3 Tbsp. light mayonnaise and pepper to taste. Split and toast 4 croissants. Divide 8 thin slices ham, egg salad and 1 c. arugula among croissants. Serve immediately or wrap tightly in waxed paper and refrigerate up to 4 hrs.

SERVES 4 ABOUT 500 CALS, 22 G PROTEIN, 30 G CARBS, 32 G FAT (11 G SAT), 2 G FIBER, 995 MG SODIUM.



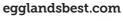
THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.

Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

So why settle for ordinary when you can enjoy the best? Eggland's Best.













GH RECIPE CHALLENGE

CHEESE, PLEASE!

The folks at **Velveeta** asked us to develop three new ways to add a little "liquid gold" to dinner. Try one of our delicious triple-tested creations tonight!



Toss 2 c. pulled **rotisserie chicken** with ½ c. **BBQ sauce** and 6 oz. cubed **Velveeta**; pile onto bottom halves of 4 split **hero rolls**. Bake at 425°F for 15 min. Mix 1 c. shredded **carrots** with 2 **green onions**, sliced; spoon onto chicken. Add roll tops. Serves 4.



Toss 2 peppers, quartered, and 2 summer squash, sliced, with 1 Tbsp. each oil and chili powder. Grill on med.-high 7 min. Slice peppers. On half of Ig. flour tortilla, layer 1 oz. sliced Velveeta, one-quarter of veggies and another 1 oz. Velveeta. Fold; press closed. Repeat with 3 more tortillas. Grill until Velveeta melts (turn once). Top with sour cream, salsa and cilantro. Serves 4.



chipotte buttermilk CORNBREAD

In Ig. bowl, combine 2 c. cornmeal, 2 tsp. baking powder, 1 tsp. baking soda and ½ tsp. salt. Whisk together 1½ c. buttermilk, 1 Ig. egg, 4 Tbsp. melted butter and 2 chipotles in adobo, chopped; stir into dry mixture. Fold in 1½ c. corn and 8 oz. cubed Velveeta; pour into greased 10-in. cast-iron skillet. Bake at 400°F for 25 min., until golden. Serves 8.



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes
- & Green Chilies, undrained
- 6 hamburger buns 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



your pantry

MAINE

BITE INTO MAINE

Find the best lobster roll in Maine at this highly praised food truck. Order yours dressed with chipotle or curry or puriststyle, with just mayo and a snip of fresh chives.

Lobster Roll

PREP 20 MINUTES TOTAL 30 MINUTES

1 c. mayonnaise ½ c. cider vinegar

¼ c. sugar½ med. head cabbage, thinly sliced

1 sm. carrot, shredded 4 split-top hot dog buns

4 split-top hot dog bun ½ c. (1 stick) butter, melted

1 lb. cooked chilled lobster meat, chopped ¼ tsp. celery salt

4 wedges lemon

cabbage and carrot; toss to coat. Chill.

2. Heat 12-in. skillet on med.-high. Brush outsides of buns with butter. Toast in skillet 2 to 4 min. or until golden brown all over, turning occasionally.

3. To each bun, add sm. scoop slaw, then lobster. Sprinkle with celery salt. Drizzle with remaining butter. Serve with lemon.

SERVES 4 About 680 cals, 27 g protein, 37 g carbs, 48 g fat (18 g sat), 3 g fiber, 1,445 mg sodium.



OREGON

TASTY N SONS

This neighborhood brunch spot has developed a cult following for its comfort dishes, like this signature BLT. But save room for dessert: The French Toast Sundae with caramel and bananas is beyond!

Fried Green Tomato BLT

PREP 25 MINUTES
TOTAL 40 MINUTES

8 slices green tomato

(½ in. thick)
2 c. buttermilk

8 slices thick-cut
applewood smoked

1½ c. masa harina (corn flour)

4 c. canola oil 8 slices toasted white

bread or Texas toast

5/4 c. Remoulade
(below right)

1/4 sm. head iceberg lettuce, thinly sliced

1. Preheat oven to 425°F. Combine tomato slices and buttermilk; set aside.
2. On lg. rimmed baking sheet, arrange bacon in single layer. Bake 15 to 20 min. or until browned. Drain

on paper towels.

3. Meanwhile, place masa in brown paper bag. Remove tomato slices from buttermilk, letting excess drip off. In 12-in. skillet, heat oil on med.-high until hot. Add tomato slices to bag one at a time, closing bag and shaking to coat each.

Gently place slices in hot oil without crowding.

4. Fry 2 to 3 min. or until golden brown, gently turning over once. Transfer to wire rack set over Ig. sheet foil. Sprinkle fried tomatoes with ½ tsp. each salt and pepper.

5. Divide Remoulade and lettuce among half of toast pieces; sprinkle with ½ tsp. each salt and pepper. Place bacon and tomatoes on lettuce;

SERVES 4 About 750 cals, 23 g protein, 68 g carbs, 43 g fat (9 g sat), 6 g fiber, 1,560 mg sodium.

top with toast.

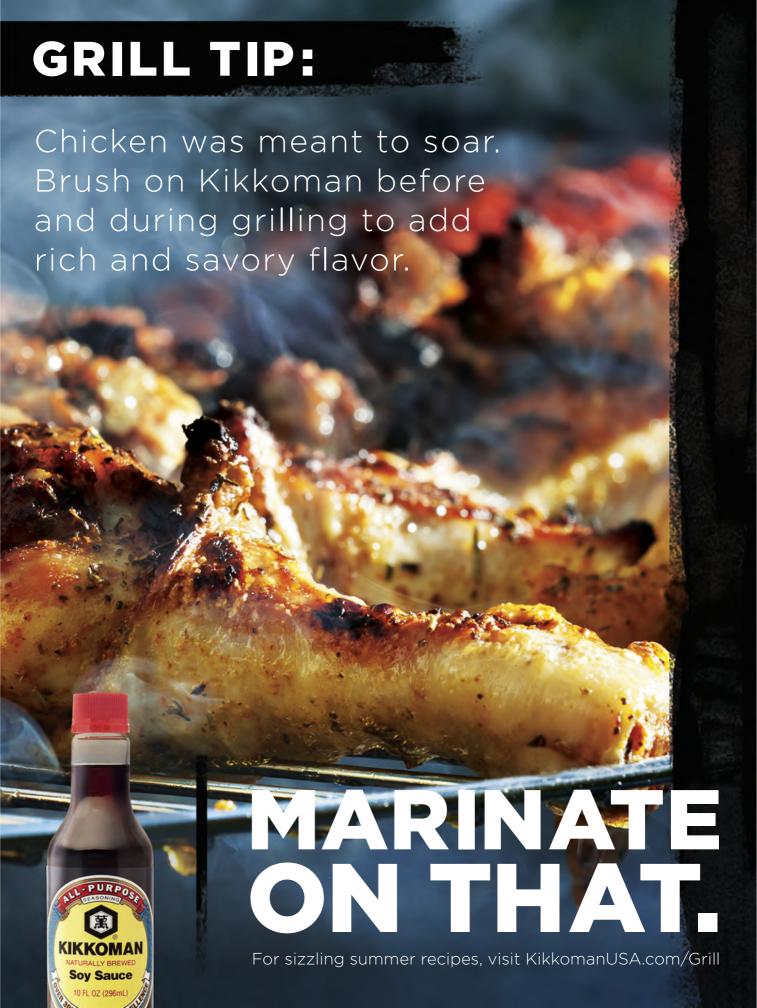
REMOULADE:

Combine 2 c. mayonnaise; ½ sm. bunch fresh dill, chopped; ½ c. sour cream; leaves from 4 sprigs fresh tarragon, chopped; 1/4 c. finely chopped red onion; 1/3 c. finely chopped sweet pickles; 1 Tbsp. chopped capers; pinch cayenne pepper; and 1/4 tsp. each salt and pepper. Makes about 3 c. EACH 2-TBSP. SERVING About 145 cals, 1 g carbs, 16 g fat

(3 g sat), 165 mg sodium.

HOW TO SHELL A LOBSTER

Twist off claws and leas from cooked lobster. Crack large claws with a mallet or meat. Separate legs at joints; push out meat. Twist to separate tail from body. With kitchen shears, cut down along center of underside of tail; gently remove black vein from center of tail meat. Lift bony portion behind small legs from shell; with lobster pick or fork, remove small nuggets of meat. A 1½-lb. lobster will give you 8 oz. of meat. for how-tos.



MAINE

DUCKFAT'S New England Clam Chowder

PREP 35 MINUTES
TOTAL 1 HOUR 10 MINUTES

1½ lbs. fresh or frozen (thawed) cooked chopped clams 12 oz. bacon, chopped ½ c. all-purpose flour 1 lg. Spanish onion, finely chopped 1 med. carrot, finely

chopped 1 lg. stalk celery, finely

chopped 3 lbs. russet potatoes, peeled and chopped 4c. bottled clam juice 1½ c. heavy cream 1 Tbsp. Worcestershire

½Tbsp. hot sauce (such as Tabasco) 1 tsp. fresh thyme leaves

1. Set fine-mesh strainer over 4-c. measuring cup. Place clams in strainer. Reserve clams. To juice in measuring cup, add enough water to reach 2 c.; set aside.

2. In 6- to 7-qt. saucepot, cook bacon on med.-low 15 min. or until fat has rendered and bacon is crisp, stirring occasionally. Remove from heat. Transfer bacon to paper-towel-lined plate. Reserve pot with rendered fat.

3. Transfer ¼ c. bacon fat from pot to 8-in. skillet. Heat on med. While whisking, sprinkle flour over fat. Cook 8 to 10 min. or until lightly browned, stirring frequently. Set aside.

4. Heat pot with remaining bacon fat on med. Add onion, carrot and celery. Cook 12 to 14 min. or until celery is tender, stirring occasionally. Add potatoes, clam juice, reserved clam water and 1 Tbsp. salt. Heat to simmering on high, stirring occasionally. Reduce heat to maintain simmer. Cook 10 to 12 min. or until potatoes are tender, but not falling apart, stirring often. 5. Into broth in pot,

stir reserved flour mixture. Cook 3 to 5 min. or until chowder thickens, stirring occasionally. Stir in cream; heat to simmering. Stir in Worcestershire sauce, hot sauce and clams. Return to simmering. Stir in thyme and ½ tsp. pepper. To serve, garnish with cooked bacon

SERVES 12 About 350 cals, 18 g protein, 27 g carbs, 19 g fat (10 g sat), 2 g fiber, 1,485 mg sodium.

if desired.



BEAST'S Radicchio Melon Salad

PREP 15 MINUTES
TOTAL 25 MINUTES

1 lg. head radicchio, cut into quarters, cores removed

1 bunch fresh flat-leaf parsley, leaves picked 8 thin slices prosciutto

2 tsp. finely chopped shallot (from about 1 sm. shallot)

¼ c. white wine vinegar
1 tsp. Dijon mustard
2 Tbsp. honey
½ c. olive oil

1 (2-oz.) chunk Parmesan cheese Flaky sea salt

½ sm. cantaloupe, peeled, seeded and thinly sliced

1. Preheat oven to 350°F. Chop radicchio; place in Ig. bowl ice water along with parsley leaves. Let soak 1 hr. In salad spinner; spin until very dry.

2. While radicchio soaks, line lg. rimmed baking sheet with parchment paper.
Arrange prosciutto in single layer. Bake 7 to 10 min. or until fat is golden brown.
Remove from oven; let cool completely.
3. Meanwhile, in med. bowl, combine shallot, in the same state of the soaks of the same shallot, with the same shallot, w

vinegar and pinch of salt. To bowl with shallot, add mustard, ¾ tsp. salt and pinch coarsely ground pepper, whisking to combine. Let stand 5 min. In sm. saucepan, heat honey on med. until syrupy, about 1 min. Whisk

into vinegar mixture,along with ¼ tsp. saltand pinch pepper.4. Place radicchio and

warm honey and oil

parsley in Ig. bowl.
Coarsely grate



Parmesan over greens. Sprinkle with ½ tsp. flaky sea salt and pinch pepper. Drizzle 5 Tbsp. honey vinaigrette over greens; toss until well-coated. Arrange on serving platter. Top with prosciutto and cantaloupe slices. Drizzle cantaloupe with 3 Tbsp. vinaigrette. Sprinkle with additional flaky sea salt if desired.

SERVES 8 About 180 cals, 7 g protein, 9 g carbs, 14 g fat (3 g sat), 1 g fiber, 840 mg sodium.



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IT'S LIKE HAVING A NEW COOKBOOK EVERY MONTH!

OREGON

PALEY'S PLACE'S Onion Goat Cheese Tart

PREP 35 MINUTES TOTAL 1 HOUR 20 MINUTES PLUS CHILLING AND COOLING

- 6 Tbsp. olive oil 2 lbs. sweet onions (preferably Walla Walla), halved and thinly sliced
- 1 bay leaf Pie Dough Pastry (right), chilled
- 3 lg. eggs ½c. heavy cream
- ⅓ c. grated Parmesan cheese
- 3 Tbsp. balsamic vinegar
- 4 oz. fresh goat cheese, crumbled **Summer Herb Pesto** (right), for serving
- 1. Preheat oven to 375°F. In 12-in. skillet, heat 5 Tbsp. oil on med. Add onions, bay leaf, 3/4 tsp. salt and ½ tsp. pepper. Cook 30 min. or until onions brown, stirring often. Discard bay leaf. Let cool.
- 2. Meanwhile, spray 10-in. tart pan with removable bottom with nonstick cooking spray. On lightly floured surface, roll dough to form 12-in. circle. Transfer to tart pan, tucking dough into edges of pan. With rolling pin, roll over top of pan to trim off excess dough. With fork, prick bottom of pan. Line dough with parchment paper; top with dried beans or baking weights. Bake 30 to

35 min. or until shell is golden around edges. 3. Remove parchment and weights from tart shell. Return shell to oven. Bake 10 to 15 min. or until golden. 4. While shell bakes, in lg. bowl, whisk eggs, cream, Parmesan, vinegar, remaining 1 Tbsp. oil, ½ tsp. salt and ¼ tsp. pepper. Place tart pan on rimmed baking sheet. Add cooled onions to baked shell; spread evenly. Pour custard over onions. Top with goat cheese. Bake 35 to 45 min. or until custard is set. Cool on wire rack. Serve warm or chilled with dollop of Summer Herb Pesto.

SERVES 8 TART ONLY: About 435 cals, 9 g protein, 25 g carbs, 33 g fat (14 g sat), 2 g fiber, 660 mg sodium.

and 3 Tbsp. trans-fat free vegetable

shortening; pulse until coarse crumbs form. Add 3 to 5 Tbsp. ice water. 1 Tbsp. at a time, pulsing after each addition, just until lg. moist crumbs form. With hands, shape dough into disk;

wrap in plastic wrap. Refrigerate 30 min. or overnight. (If chilled overnight, let stand 30 min. at room temperature before rolling.) **SUMMER HERB PESTO** In food processor, pulse 1 bunch fresh basil leaves (2 c. packed): 1 bunch dill (½ c. packed); 1 bunch fresh mint leaves (2 c. packed); 1 bunch chives, coarsely chopped (²/₃ c.); ³/₄ c.

PIE DOUGH PASTRY

blend 11/3 c. flour and

cold butter, cut up,

¼ tsp. salt. Add 5 Tbsp.

In food processor.

EACH 1-TBSP. SERVING About 80 cals 1 g protein 1 g carbs, 8 g fat (1 g sat), 1 g fiber, 40 mg sodium.

extra virgin olive oil:

1/4 c. lemon juice; 1/4 c.

cheese; 1/4 c. toasted

garlic, chopped; 1/4 tsp.

salt and ¼ tsp. pepper

Refrigerate until ready

until almost smooth.

to use. Makes 1½ c.

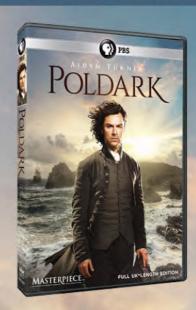
hazelnuts; 2 cloves

grated Parmesan

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BROWN BUTTER

This delicious ingredient is easy to make. Just cook butter until the milk solids caramelize and the water evaporates. The hazelnut-colored liquid that's left is nutty-flavored and toasty and smells amazing. Try it in desserts like the decadent pastry above, or to flavor pasta or green beans, or toss with popcorn.

CENTRAL PROVISIONS' Pistachio Brown Butter Financier

PREP 20 MINUTES TOTAL 1 HOUR 15 MINUTES PLUS CHILLING AND COOLING

½ c. (1 stick) unsalted butter, plus 1 Tbsp. melted for brushing
¾ c. cake flour, plus
2 Tbsp. for dusting
2¾ c. confectioners' sugar
1 c. shelled pistachios
1 tsp. salt
7 lg. egg whites
2 pts. raspberries and/ or blueberries
¼ c. raw or turbinado sugar

1. In sm. saucepan, heat ½ c. butter on med. until melted. Cook 5 min. or until browned and fragrant, swirling occasionally. Remove from heat; set aside.

2. Line lg. rimmed baking sheet with parchment paper. Brush two 9-in. tart pans with removable bottoms with 1 Thsp.

melted butter; dust

with 2 Tbsp. flour.

Place pans on lined baking sheet. 3. In food processor. pulse confectioners' sugar, pistachios, salt and remaining 3/4 c. flour until pistachios are very finely chopped, scraping down sides of bowl occasionally. Transfer mixture to med. bowl. 4. To nut mixture, add egg whites. Beat on med, speed until well-combined. Reduce mixer speed to low. Slowly drizzle in reserved butter. Increase speed to med.-high and mix for 1 min. Pour batter into prepared tart pans. Refrigerate 30 min. 5. While batter chills. preheat oven to 350°F. Top batter in pans with berries and sprinkle with raw sugar. Bake 1 hr. or until golden brown and toothpick inserted into centers comes out clean. Cool completely on wire racks. When ready to serve, gently remove from sides.

SERVES 16 About 245 cals, 4 g protein, 36 g carbs, 10 g fat (5 g sat), 2 g fiber, 170 mg sodium.



MAINE

Portland Hunt & **Alpine Club's East Bayside Cocktail** In cocktail shaker, combine 2 oz. (1/4 c.) **gin,** 1 oz. (2 Tbsp.) fresh lime juice, 1 oz. (2 Tbsp.) simple syrup (below), 7 fresh mint leaves, 5 fresh **blueberries** and ice. Shake vigorously. With fine-mesh strainer, strain into cocktail glass. Garnish with mint leaf. Makes 1.

HOME BAR ESSENTIAL

Simple syrup, a.k.a. liquid sugar, lets you sweeten drinks in a flash - no endless stirring or crystals at the bottom of your glass. Use in cocktails, mocktails and iced coffee. **MAKE IT:** Heat $\frac{1}{2}$ c. water and $\frac{1}{2}$ c. granulated sugar on high until sugar dissolves, stirring occasionally; cool completely. Makes 1 c. Keeps, refrigerated, at least a month.

OREGON

The Bent Brick's Tomato, Tomato Cocktail

In mason iar. combine 1 c. vodka and ½ c. black peppercorns: shake well. Cover and refrigerate overnight or up to 2 days. Strain and discard peppercorns. In cocktail shaker. combine 4 **cherry** tomatoes, cut into halves; ½ Tbsp. lemon juice; ½ Tbsp. simple syrup (below left) and pinch of salt. With muddler or handle of wooden spoon, muddle well. Add 2 oz. (¼ c.) black pepper vodka and ice. Shake vigorously. Strain into cocktail glass. Makes 1.



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30 Cherry Flavor





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Use as directed



Ice Cream Boat (page 125)

THREE-INGREDIENT SORBET

In sm. saucepan, combine 3/4 c. sugar and ½ c. water; heat to boiling on high, stirring. Reduce heat to med.: cook 2 min. Set saucepan in bowl of ice water until syrup is cool. Stir 3 c. pureed ripe mangoes (from about 4) or pureed raspberries (three 6-oz containers. strained if desired) into pan with syrup. Cover; refrigerate until well-chilled, 2 to 4 hrs. Freeze in ice cream maker as manufacturer directs.

EASY PINEAPPLE

Stir together 3 c. pureed pineapple (from 1 ripe pineapple) and 14 oz. sweetened condensed milk. Whip 1½ c. heavy cream to soft peaks: beat in 2 tsp. vanilla extract and 1/4 tsp. salt until blended. Fold mixture into cream. Pour into 9-in. square metal pan. Freeze 2 hrs. Stir frozen edges of ice cream toward center. Freeze 2 hours longer or until firm. (Can substitute 3 c. coarsely pulsed strawberries - use a food processor for pineapple.)

LIME-AVOCADO

In blender, puree 3 ripe avocados with 14 oz. sweetened condensed milk and 1 c. whole milk. Add 1 Tbsp. finely grated lime peel, ¾ c. lime juice (from 6 limes) and ¼ tsp. salt. Pour into 9-in. square metal pan. Freeze 2 hrs. Stir frozen edges of ice cream toward center. Freeze 2 hours longer or until firm.





MORE FUN WITH PINEAPPLES

Pretty Painted Tops

- 1. CLEAN With a damp paper towel, wipe down both sides of pineapple leaves to remove any excess dust or film that could keep paint from adhering correctly. Pluck off any loose leaves.
- 2. COAT Using a small brush and heavy body acrylic paint (it gives better coverage than spray paint), coat undersides of leaves. Once finished, begin where you started and paint tops of leaves. Allow to dry, then use pineapple for party decor or within a flower arrangement.

TROPICAL PALETTE



Medium Magenta, Golden Acrylic Paint, \$14, leesartshop.com



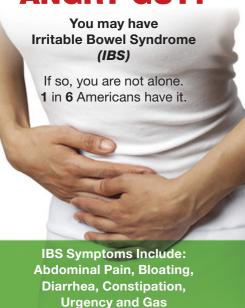
Light Ultra Marine Blue, Golden Acrylic Paint, \$14, leesartshop.com



Teal, Golden Acrylic Paint, \$14, leesartshop.com



ANGRY GUT?



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*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.



MAKE COLD BREW COFFEE AT HOME

Ten lucky readers will win this Oxo Cold Brew Coffee Maker (\$50), with its easy-tostore brew bin, filter, carafe and lid. Brewing is easy: Just add coarsely ground coffee and cold water. After 12 to 24 hours, you'll have enough rich, concentrated coffee for about 12 cups. Keep the filled carafe in the fridge; to drink, combine 1/4 cup of the cold brew with cold water, ice and/or milk to taste - or, for hot java, heat milk in the microwave. For sweepstakes rules, see right.

OXO COLD BREW COFFEE MAKER SWEEPSTAKES (page 126), ELECTRA TOWNIE ORIGINAL 7D BICYCLE SWEEPSTAKES (page 106) AND AUGUST BEAUTY LOOT SWEEPSTAKES (page 22)

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Beginning July 19, 2015, at 12:01 A.M. (ET) through August 19, 2015, at 11:59 P.M. (ET), go to goodhousekeeping.com/augcoffeemaker or goodhousekeeping.com/augbike or goodhousekeeping.com/augbeautyloot, respectively, on a computer or wireless device and complete the entry form. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to residents who are the age of majority or older and are a legal resident of the U.S., DC or Canada (except Quebec). Void in Puerto Rico and where prohibited by law. Subject to official rules at goodhousekeeping .com/augcoffeemaker, goodhousekeeping.com /augbike and goodhousekeeping.com /augbeautyloot, respectively.

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Sponsored by Hearst Communications, Inc. Beginning June 1, 2015, at 12:01 A.M. (ET) through September 1, 2015, at 11:59 P.M. (ET) (the "Entry Period"), go to goodhousekeeping.com /memoir-contest on a computer or wireless device and submit the entry form and a memoir pursuant to the onscreen instructions. The entry must be a nonfiction story about a time in your life when something good came from a seemingly bad situation, must be between 1,500 and 2,500 words in length and must not be previously published or a finalist for any other writing prize or award. Winner will receive a \$2,000 check and possible publication in a future issue of Good Housekeeping. and runners-up may be offered publication on goodhousekeeping.com. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at goodhousekeeping.com/memoir-contest.

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We used two types of potted moss and daisies to create our fairy forest.

stones and gems. We used

SWEET HOME Buy a mini birdhouse (it's the perfect pad for pixies!) at the craft store (\$7 to \$9, joann

.com) and decorate it

fairy

DESIGN YOUR LITTLE LANDSCAPE, then sprinkle with "fairy dust" (psst—it's just glitter) and wait for make-believe fairies to come out to play. All you need is a planter or pot, dirt, flowers, rocks, a birdhouse and some imagination. Parenting plus: Gardening with your kids teaches patience. Plant a few seeds and encourage your kids to check their progress - it'll be a growth experience for everyone.

HOUSEKEEPING
HOUSEKEEPING



THINGS YOU DIDN'T KNOW ABOUT WHOOPING COUGH (BUT REALLY SHOULD!)



You cherish your grandchildren and always want to keep them safe. However, you could unknowingly put them at risk to contract whooping cough. Here's what you need to know:

IT IS EASILY TRANSMITTED FROM ADULT TO INFANT

Whooping cough is a highly communicable disease transmitted through coughing and sneezing.
Once it infects the lungs, it can result in uncontrollable, violent coughing, which often makes it hard to breathe.

MANY GRANDPARENTS ARE NOT AWARE OF THE RISK

Parents and grandparents don't always realize they can pass whooping cough on to the infants in their lives. In fact, only 8% of those ages 65 and older reported getting a whooping cough shot (included in the Tdap immunization) in the last 7 years.*

T CAN BE SERIOUS
About half of the children
younger than 12 months of age who
get whooping cough are hospitalized.*

4 YOU CAN PROTECT YOUR FAMILY

In order to help protect new babies from contracting whooping cough, grandparents should get vaccinated before meeting their new grandchild.

5 GETTING VACCINATED IS EASY AND AFFORDABLE

Walgreens has 27,000 specially trained healthcare professionals who can administer immunizations. Most insurance is accepted, including Medicare.

WALGREENS IS DOING MORE TO HELP, WORLDWIDE

Walgreens has partnered with the United Nations Foundation to create the Get a Shot. Give a Shot.® campaign. When you receive an immunization at any Walgreens, you can help provide a lifesaving vaccine to children around the globe.**



TALK TO YOUR HEALTHCARE PROFESSIONAL TODAY ABOUT THE IMPORTANCE OF GETTING YOUR WHOOPING COUGH SHOT TO HELP KEEP CHILDREN IN YOUR LIFE SAFE. TO FIND A LOCATION NEAR YOU, VISIT WALGREENS.COM



Everyone needs a

WHOOPING COUGH SHOT

before meeting the baby.

Grandma, Grandpa, aunts, second cousins and even Mr. Duck need immunizations. Talk to your pharmacist about the importance of getting vaccinated to protect your grandchild. And when you get your shot at Walgreens, you'll help provide a lifesaving vaccine to a child in need.*

Available every day | No appointment necessary | Most insurance accepted

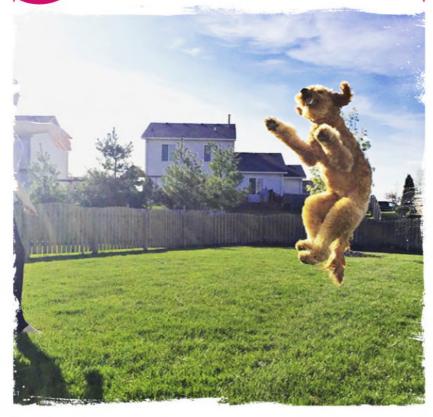
GET A SHOT. GIVE A SHOT.

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#GHSealofCute



"Just call me Pogo Poodle!" –@LENADOODLE_ ©

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with **#GHSealofCute** on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*!

BRUSH UP ON **DENTAL HEALTH**

Bad pet breath isn't just gross; it can be a sign of gum disease. An estimated 80% of dogs and 70% of cats will get some form of periodontal disease by the time they're 3 years old. Get up in your pet's grill with these toothbrushing tips:



BE TOUCHY-FEELY with your pet's mouth while it's closed so she'll get used to having her mouth handled. Practice lifting lips and touching teeth and gums, working up to opening and shutting your pet's mouth.



FIND A TOOTHBRUSH with soft bristles (a human's is often cheaper and is OK to use). A piece of gauze or a specialty wipe (try Earthbath Tooth & Gum Wipes, \$10, wag.com) also works.



PICK A PET PASTE that has a yummy flavor like peanut butter—we hear Nylabone Advanced Oral Care Natural Dog Toothpaste (\$8, petsmart .com) is tasty. Let him smell and taste a bit on your finger first.



KEEP IT SHORT, because most pets can only handle about five minutes total. Stop every few seconds to release his mouth, praise him and give him a treat.

SOURCE: Liz Hanson D.V.M., Corona del Mar Animal Hospital



HAVE A QUESTION? E-MAIL PEGGY@ GOODHOUSEKEEPING.COM Every time I visit my sister, her cat scratches or bites me. If I bring it up, she's defensive and says I get too close to the cat. How can I ask her to put her pet in another room when I'm there?

Since it's your sister's house (and cat), you should try to be flexible, but that doesn't mean you have to endure a clawing. Talk to her in a calm, logical way, and put the onus on yourself: "Beth, Fluffy seems to sense my nervousness around her. She's a great cat, but I can't handle more scratches. I try to stay away from her, but that hasn't worked. Is there a way to keep us separated when I visit?" If your sister's not open to a solution in her home, get together at your place or another location.



Instagram via @lenadoodle_; Getty Images.



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with SALMA HAYEK-

This #GirlBoss is the beauty who helped bring us *Ugly Betty*, nabbed an Oscar nom for *Frida*, launched the beauty line **Nuance** and produced a movie based on Kahlil Gibran's best-selling book *The Prophet* that hits the big screen August 7. Work it, Salma!

Tortillas, Chilli Sauge, Colonat water

IN MY FRIDGE

SIGNATURE DISH:

I like to invent dishes all the time. I'm getting really creative with "quinoa"

WORST THING I ATE THIS WEEK:

Anything with onions, I don't like them.

FAVORITE JUNK FOOD

Doritus and Pop corn with tubasco.

I LOVE TO SHOP FOR:

my daughter

I HATE TO SHOP FOR:

my self

I SLEEP IN

linen sheets

PSSST: We love them, too! See page 46.



I'D DO ANYTHING TO AVOID

Ironing. I like it but I'm really had at it.

HOW DID I EVER LIVE WITHOUT:

Kombucha

I STAY FIT BY:

going up and down the stairs in my hase and Yoga

I NEVER LEAVE THE HOUSE

My underweur (Some people do) PERSONAL MOTTO/MANTRA:

Don't complain about anything you haven't made an effort to change

Whatever looks best on you

IS THE NEW BLACK

PARTY TRICK:

Salsa dancing

I WILL NEVER CARE ABOUT:

Never say Never

Salma Hayer

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